



RESIDENT NEWSLETTER – AUGUST 2018

NEW GARDENS OPENED AT SUPPORTED LIVING, MIDDLETON GARDENS



On a beautifully sunny day, resident Phillip Watson did the honour of opening the new gardens, the culmination of a project involving both the residents and the Gardening team.

Residents chose a Mediterranean theme; the gardens also feature a fountain in a 'secret garden', seating on a terrace and a series of pergolas, handmade by Thom Robinson and Tom Lonsdale from recycled wood. Residents, many of whom know a thing or two about gardening, were happy to suggest ideas for structure and planting and have enjoyed watching the progress. The result is a very relaxing space for residents and staff to enjoy throughout the year.



ON YOUR MARKS ... FOR SPORTS DAYS!



Sport has featured large across the nation lately, and now it is our turn to shine! As always, the two events – Residents' and Residents v Staff Sports Days are an opportunity to take part and enjoy a spot of socialising.

Signup sheets have been distributed – please return these by **Friday 10th August**. Remember that everyone is welcome, from spectators, to beginners, to more experienced participants.

Independent Residents Sports Day

Thursday 16th August 10.30am start - with light refreshments served in the Pavilion at lunch time for residents taking part in the sports. Soft drinks will be available throughout the day for all.

Residents' vs Staff Sports Day

Thursday 30th August 2.30pm – 6.00pm with a BBQ to follow at **6.30pm** - A highlight of the sporting calendar and an event that usually produces much hilarity and banter, enjoyed by all who participate and spectate. You do not have to be an expert at anything, just enjoy having a go. Make 2018 the year when you get involved: - spectating and cheering counts as well.

OPEN EVENING, INDEPENDENT LIVING

4.00 - 8.00PM, THURSDAY 23rd AUGUST



A 'Canapes and Cava' open evening will be held to highlight the independent living lifestyle and properties at Middleton Hall. If you know anyone who may be interested

in knowing more, please let them know about the event. **Location for Event:** The Conservatory plus show rounds of relevant independent living properties.

"We make a living by what we get, but we make a life by what we give" Winston Churchill

MH IN 'TOP 10 CARE HOMES' IN UK

A report by a firm of solicitors in London recognised Middleton Hall as one of the top 10 care homes in the country. Part of the Give Me Dignity campaign, the report highlights homes that give "exceptional support" to residents and families, as well as those which require improvement. Of Middleton Hall, the report said



"The people in the facility are loved, protected, respected and cared for with dignity and that's exactly what we are calling for"

WITH A 'NOT SO LITTLE' HELP FROM OUR FRIENDS

A community thrives when help and support comes from all quarters, and it is wonderful to see this happening at Middleton Hall.



Christine Wright is busy fruit picking in our grounds and asks if others would like to join her for a satisfying hour or so. Currently there are redcurrants, blackcurrants, apples, pears and plums. There is work to be done in thinning out the fruits as well as picking.

The spoils are given to the kitchen, to

be transformed into pies and other goodies. Volunteers will share in the final results!



Several residents, including Christine Boston, Barry Parkinson, Christine Wright and Jane Haslock have been literally getting their hands dirty with some weeding of the borders and the Butterfly Garden, not an easy job bearing in mind the heat and the dry ground.

A THOUGHTFUL COMMUNITY

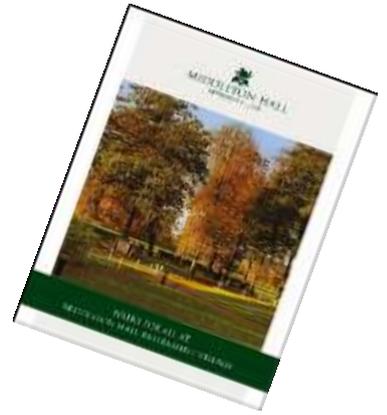
People are helping each other out in so many little ways such as supporting those less mobile to attend activities, visiting when unwell, help with heavy shopping, checking and giving IT advice, supervising the library, teaching and guiding craft sessions. Thank you.

It isn't what we say or think that defines us, but what we do.

Jane Austen

teaching and guiding craft sessions. Thank you.

The Walks for All leaflet has really taken off. Produced largely through the hard work of a group of independent residents (David and June Gaskell, Ken and Christine Boston, Christine Craig, Sonia Wade, Tony Crompton, Ian Thompson, Pat Gibbon, Christine Wright, Bill Parkes and Keith and Jean Rowland of the photography group. It has rejuvenated the idea of getting out for many other residents and their visitors. Thank you.



THE ORANGERY AT MIDDLETON HALL

A new Orangery menu is to be unveiled in September. It will feature many changes, including some healthy, calorie counting options.

In response to feedback, unfortunately it is difficult to make the text larger on the actual printed menu due to the extensive choice available, however a laminated large print version will be available for those who require it. This will be available in the Orangery.



The Stables Shop is proving very popular – remember to look in and add any comments to the suggestion box. This is your shop!

GOLF GREEN AND CROQUET PITCH

The Gardening team is working hard to improve the condition of the golfing greens and the croquet pitch. Look out for some reseeding and scarifying going on. Let the Spa team know if you are interested in a group golfing activity, details to be confirmed once people's wishes are known.



Another great idea from our Sustainability champions to help keep our grounds clear of litter. A litter pick station has been constructed in the field with pick sticks and bags at the entrance to the Woodland Walk near the main entrance. Litter can be disposed of by the greenhouse. Thank you to everyone who has been involved and to all residents and family members who are keeping Middleton hall tidy.

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SUMMER TIME FUN



Spirits were high at Middleton Court's July summer party. Although the sunshine may have gone into hiding outside, summer time fun was in abundance indoors.

Everyone appreciated a welcome Pimms and without exception all complimented the chefs on a fabulous buffet spread. Tables were accessorised and brought to life by displays of beautiful flowers crafted during activity afternoons. Folk relished a sing song followed by a popular quiz both with a summertime theme.



Jackie sussed out the 'google abusers' but congratulated them for their initiative. Well done to Bob, Malcolm and Renee who were the bright sparks and announced as overall quiz winners.

Dorothy Brown was keen to thank the staff and commented to Jackie "If I could stand, I would but I do want to say a big thanks from us all". Thank you also for the lovely Facebook comments from family members - much appreciated.

A fun afternoon enjoyed by all.

FLOWER POWER COFFEE MORNING



Residents enjoyed a thoroughly flowery themed coffee morning. It was a busy one! A gardening quiz, flower bingo, 1970's music, word search, face painting, flowery tongue twisters ... phew! Thanks to staff from gardening, front of house, admin and carer teams for together making some very beautiful flower decorations. It really did look the business.

NAMING COMPETITION!



We are calling upon all creative staff and residents to come up with a unique name for a new "home care" service.

Work is underway to plan the new service and register Middleton Hall so that it can deliver care to independent residents. It will look very different to the traditional 15-minute flying visits, so we need a name to reflect this.

Please send your ideas and thoughts to info@mhrv.co.uk

In Memory Of.....



Around our grounds, there are various features in memory of residents who have passed away. As well as being poignant reminders of those we have loved, the benches, plants, trees and so on are a much-appreciated addition to our beautiful environment.

An informative list is now available in the same rack that houses the Walks for All and Bird Life leaflets at Reception. Feel free to pick one up.

If you would like to know more about arranging something personal of this nature, please speak to David Richardson, Head of Facilities.

VETERANS COFFEE AFTERNOON



Age UK North Yorkshire & Darlington hosted a social event as part of their Veterans' Support Service.

Residents enjoyed sharing their stories, photos and medals with others and in the near future there will be other opportunities for the veterans to get together.

NEW FALLS PREVENTION CLASS

A new weekly Falls Prevention class started on **Friday 3rd August** and will continue **every Friday at 10.00-10:30am in the Studio at Middleton Spa.**

This is a very practical class and open for all residents to benefit from. It is free, and places are booked at the Spa Reception. Please contact a member of the Spa team if you would like any further details.

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A POLITE REMINDER ABOUT MEALTIMES

Ensuring that residents in our care services eat and drink well is a key priority. This is the reason why mealtimes are important as it allows residents to socialise and enjoy dining in a relaxed way. Disruptions at this time, however can prevent this from happening.

Although we always encourage relatives and friends to visit, we would ask you to respect this time of day for visits. However, if you wish to join your relative for a meal, please do speak to a member of staff in advance, as of course this can be arranged. Thank you.



FINAL WARNING A RED CARD OFFENCE

There has been another serious blockage in the Waterside due to the disposal of wipes down the toilet system. This really is a 'red card offence' due to the expense it takes to rectify the problem. Please be mindful that this needs to stop as the whole community suffers.



Saturday 8th September 2018

With only 1 month to go, the full show programme will be out in the next week. It's good to see the allotments are full of potential entries. There is still plenty of time to get involved.

In August, Debby Lamont will be holding two art workshops that focus on a class category at the Village Show. These two additional workshops will be held at 2.00 – 4.30pm on the following days.

Friday 10th August 2018 - 'Decorating Plant Pots'
Your effort could display your entry in the best pot plant class. – **Venue: Vision Room**
Thursday 16th August 2018 Painting Workshop- 'Flowers' – **Venue: The Art Studio**
Your efforts could be entered into the 'Unframed Painting' class.

If you are interested, please sign up at reception.

COMING SOON IN SEPTEMBER!

Thursday 6th Grand Luncheon, 12.30pm
Wed 12th Back to School Evening 6.30pm
Weds 19rd Japanese Evening 6.30pm
Weds 26th Italian Evening 6.30pm

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THE GRAND LUNCHEON – DON'T MISS OUT



A few tickets are still available for the popular Grand Luncheon with guest speaker, Colin Briggs on Thursday 6th September at 12.30pm for 1.00pm in the marquee. The tables will be set for 10 with a seating plan. If you would like to sit with any particular people, please do tell us and we will accommodate this where we can. Price only £22.00 per head.

HELLO AND GOODBYE TO ...



Welcome to Melanie Foster (far left) and Carmel Binns who both join the Nights team.

We say a sad goodbye and good luck to Stacey Burrows, Housekeeper who leaves Middleton Hall this month.

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 August is as follows with a mixture of some old time British classics and some of the latest Box Office releases. Something for everyone.

3rd August - Peter Rabbit **10th August** - Dad's Army
17th August - The Sound of Music
24th - August - Finding your Feet
31st - August - James Bond Live and Let Die

OTHER IMPORTANT DATES

Holy Communion – There will be a break in August with Holy Communion resuming at **4.30pm on 9th and 23rd September** in the Vision Room

Chiropody – Ben Hay will next visit Middleton Hall on **13th and 14th August and then 24th and 25th September.**

MEMORY CORNER

Fondest memories, much loved, never forgotten

Grace Watson David Watson Lily Lister Eileen Evans