



The Newsletter

THE VOICE OF THE VILLAGE

ISSUE
26

SPRING
2020

STARTING A NEW DECADE

MIDDLETON HALL – 120TH ANNIVERSARY

Middleton Hall will be celebrating its 120th anniversary as a company in 2020. I am not sure what the three doctors (Dr Garbutt, Dr Callcott and Dr Smith) who set it up in 1900 would have thought of the 2020 version of Middleton Hall as an employee owned company, but I would like to think that they would be delighted to see that the company they set up has developed and flourished in the last 120 years.

Although much of Middleton Hall would be unrecognisable to visitors from 1900, in many ways its purpose is the same – a caring business striving to make a difference.

Since I became involved 24 years ago, we have continually developed our services and always aimed to improve what we do every year. Should a future Managing Director in

another 120 years (assuming climate change has not wiped the human population out by the 22nd Century) happen to read this in an idle moment, my hope is that she or he could say that the organisation has continued to develop, change and flourish but above all still makes a difference.

That is what we all hope that Employee Ownership should give our community for the future.



A JACK OF 'OWL' TRADES

Once again, our owl boxes have been cleared and should be ready for barn and tawny owl nesting.

In January David Richardson from the estates team spotted barn owls “quartering” on the field at the front of Middleton Hall in search of prey, indicating that they would be starting to nest. We have 4 owl boxes at Middleton Hall and over the last couple of years, have been lucky enough to see two barn owl chicks born in one of the boxes as well as tawny owlettes in our nest box fitted with a webcam. Last year the tawny owls did not use the webcam box, due not to sudden camera shyness but finding pigeons using the box. A Tawny owl has been heard regularly close to that nesting box, so we are hoping they will re-occupy in 2020.

There is always good interest in bird watching from the bird hide as well as support for the RSPB. Residents from Middleton Oaks recently visited RSPB Saltholme and Middleton Gardens residents took part in the National Bird Watch.

In recent years, we have recorded 92 different species of birds on our grounds.

Middleton Hall is celebrating turning 120 throughout 2020



RETIREMENT VILLAGE ROCK CHOIR DEBUT

Early in the year, Middleton Hall's Old School of Rock Choir debuted at their first ever rock practice, singing the oldies from Rod Stewart to Annie Lennox, Phil Collins to the Beatles.

Gail Jones, who works on reception and is one of our Trustees, received a request from a keen Waterside resident. She decided to set up a weekly choir to celebrate the great music of the decades that have past, and it has proved a huge hit for residents and Co-owners alike.



As part of our living well initiative, Middleton Hall provide a variety of different activities to suit all tastes and we have a great deal of fun doing it. From poetry to Mozart afternoons, movie nights to gym classes.

You will be very surprised at what you could end up doing here. Next step... to set up a rock band perhaps?

PROPERTIES AVAILABLE FOR SALE

Available to view by appointment

35 The Waterside.

£410,000

Spacious carbon neutral, west facing property with a fitted dormer and garage



Apartment 18, Middleton Woods

£280,000

Two bedroom, first floor, west facing apartment with balcony, overlooking the woods area



Apartment 29, Middleton Woods

£155,000

One bedroom, first floor, north facing apartment with balcony overlooking the woods area



More details on the website

www.middletonhallretirementvillage.co.uk/availability/

Please Contact: Caroline Soullier, Client Service Advisor, on **01325 332207** or carolinesoullier@mhrv.co.uk

OPEN DAY OPTIMISM

The first Middleton Hall Open Day of the decade took place in January. As Middleton Hall provides a very different range of services from others in the region, we host Open Events to show anyone who is interested, our facilities, properties and services and how a retirement village lifestyle works.

We had a good turnout for our first Open Event of the year, including the newly elected MP for Sedgefield, Paul Howell, who popped in for a visit with three of our local councillors.

Paul pointed out in writing afterwards, "It was interesting to see the very many stages of care that you are able to deliver.

"It was lovely to meet and speak to some of the residents during my visit. I can fully appreciate why so many chose Middleton Hall to retire to."

The next Open Days are on the following dates and are open to anyone with an interest or who is just curious about how a retirement village works:

Thursday 12th March

Tuesday 25th August

Saturday 6th June

Saturday 24th October

Please see the website www.mhrv.co.uk for times.



MIDDLETON SPA GP REFERRAL SERVICE

A number of our team in Middleton Spa have completed training so GPs can refer patients from St George's Medical Practice for rehabilitation. This should decrease the wait time for most rehabilitation services.

Located on our premises, the service allows referrals from GPs for medical conditions after operations, back pain, heart attacks and strokes. Our team should be able to start work with individuals within the same week of referral and start on rehabilitation where they can be introduced back into exercise at a realistic pace.

Please speak to Michael Hodgson for more information about the scheme, call **01325 332207**



OPEN DAYS - 12th March / 6th June



PHOTOGRAPHY CLUB

Displayed at Middleton Hall, you will see some impressive pieces of photo art which have been taken by our very own residents with their Photography Club.

The group was formed around 8 years ago and consists of several like-minded photographers, supported by Keith Rowland, a keen amateur photographer who volunteered to help out



back in 2012. The group display a set of themed or seasonal photographs in The Orangery, outside the Restaurant, in the Spa atrium and have undertaken larger exhibitions including Middleton Hall Art Festival as well as two external exhibitions at Shildon Railway museum and the Witham Gallery in Barnard Castle.

The club usually meets once a week to discuss photographs, share tips and plan future displays. Anyone with an interest in taking photographs is welcome to join the group, whether that be residents, Co-owners or any other stakeholder. All the displayed pictures are for sale



and we can't wait to browse all the art, including ceramics and paintings produced at Middleton Hall during our annual Arts Festival which is due to take place in October.

MIDDLETON HALL RESIDENT AND FORMER BBC CONTROLLER'S DISTINGUISHED SPORTING CAREER HIGHLIGHTS



Ahead of this summer's Tokyo 2020 Olympic and Paralympic Games, one of our Middleton Oaks residents has been reflecting on a distinguished career in TV sports broadcasting.

Duncan MacEwan, 95, who retired as the BBC's Operations and Engineering Controller in 1984, oversaw the TV broadcasts of every Summer and Winter Olympic games from the 1950s to the 1980s.

International television coverage of the Olympic games was first broadcast in 1956 and Duncan recalls visiting every location ahead of each event throughout his career.

"It was vital to get everything right for the broadcasts so I went on a pre-tour to check all the technicalities were in place. "I was especially pleased that I did this at one of the games when I discovered that no-one had booked any cameras for the film crews!"

Duncan, who moved to live at Middleton Hall in 2019, is also very proud to have been responsible for bringing golf to TV screens in the UK.

In 1954, when television had only just started transmitting beyond the south east of England, Duncan instigated the first live coverage of the famous Welsh golfer Dai Rees practising live on air.

"This little item seemed to please golfers all over the country," Duncan added. **"Fired with our modest success we suggested to the BBC's Head of Television Outside Broadcasts, Peter Dimmock, that we could televise the 1955 Walker Cup at St Andrews, the biennial match between leading amateur golfers from the US, Great Britain and Ireland."**

Hours of lovely free TV programming over two days at a time when the network was normally asleep, it seemed a tempting proposition – there was no regular daytime television in 1955.

Coverage of the oldest and most prestigious golf tournament in the world, The Open at St Andrews followed in July of that year.

"This led the way to regular full-scale coverage of golf tournaments on British

television, with interest growing year by year. The rest is history," added Duncan.

He has very fond memories of his time at the other side of the screen, which also included overseeing of the camera positions for Churchill's funeral and his work as Chief Engineer on Charles and Diana's wedding broadcast.

"It was an awful lot of fun and I wouldn't have changed my career for anything. I was very fortunate to have worked with such good, dedicated people around me, with the same level of BBC commitment to the ever-growing golfing and viewing public.

"But even more importantly, outside work I had the backing and support of my wonderful wife and am lucky to have four lovely daughters who understood their daddy's occasional absences."



Middleton Hall is celebrating turning 120 throughout 2020



HATS OFF TO OUR NEW HEAD CHEF

Ryan Teasdale, our new Head Chef, has recently re-joined Middleton Hall and has some fresh and fabulous ideas which he is itching to get started on. Ryan previously worked here as a talented chef six years ago and it is great to have him back and heading up the kitchen team. Since leaving Middleton Hall he has gained wide experience in a number of restaurants including Head Chef roles. We can't wait to see what ideas he brings to life with The Stables Shop, Orangery, Restaurant and of course the delicious concoctions he makes!

"I have been wanting to come back to Middleton Hall for most of the time since I

left – there is nowhere that I have worked that places so much emphasis on the quality of food and the importance of customer service so I am delighted to be back"

One of Ryan's first jobs is to refresh the Orangery menu and the choices available and to re-introduce the Sunday carvery service in the Restaurant, following feedback from customers.

And to top it off the kitchen team have once again received 5 stars on the latest environmental health inspection.



EMILY ON THE FAST-TRACK TO HER DREAM CAREER



A psychology graduate who has set her sights on a high flying career in health and social care has joined the team here at Middleton Hall.

Emily Bowering, 21, from Harrogate, who graduated from Newcastle University in 2019, is working at our retirement village throughout 2020 as part of a national scheme to develop future leaders in the sector.

The prestigious Skills for Care graduate management programme, run by the charity responsible for workforce development in adult social care across England, fast-tracks graduates towards leadership roles within innovative health and social care settings.

To be selected, candidates have to complete a rigorous selection process including video interviews and assessment.

Emily said she was ecstatic when she found out she had been chosen to join the 2019 cohort.

"Although I'm pretty sure my parents told the whole world before I got a chance to," she added.

"I applied for Skills for Care because I knew I wanted to go into Health and Social care, but I didn't know where to start

and their programme had by far the most holistic approach to developing a graduate's skills."

Throughout the year, in addition to her placement, Emily is undertaking a Quality Assurance Project Management Qualification, a six month NHS focused development programme called the Mary Seacole Leadership Qualification, a six week secondment at a local NHS facility of her choice, and receiving one-to-one coaching from a trained professional.

Emily commented: **"Bearing in mind my degree in psychology, I would love to look more at mental health within the health and social care sector, but at the moment I'm enjoying each day as it comes."**

"In my role at Middleton Hall every day is so different, and I'm doing a wide variety of things, including writing newsletters, running social media, designing leaflets, editing website code, hosting events, organising surveys. The change is what keeps me on my toes."

Our Managing Director, Jeremy Walford said: **"Middleton Hall was selected by Skills for Care as a host employer that could offer suitable support, training, learning and development for a graduate placement and we're delighted to welcome Emily."**

"In the short time she has been with us she has already made a valuable contribution to life at Middleton Hall and we are looking forward to supporting her to develop her skills and potential."

Emily added that one of the highlights of her time so far has been our grounds and setting **"I've only ever worked in sectors like retail, customer service, cleaning or accounting, which are very indoor jobs, so being surrounded by such a lovely place every single day is incredibly refreshing, and it always makes me feel so positive and connected with the world."**

RECRUITMENT EVENTS - 1st April / 7th May



FUTURE CO-OWNERS

Our Co-owners (employees) often talk about what a special place Middleton Hall is and how there is a Middleton Hall "type of person". This "type of person" is generally about people who are caring and passionate about making a difference. Our experience over the last few years is that finding people with the right set of values and beliefs is often not through advertising but through recommendation by people who know Middleton Hall and why it is that special place. We have also found ourselves recruiting people who may not have thought they had the right experience or qualifications for a role but we have recognised that they have the right attitude and values. People with the right attitude and values are a great deal easier to train than those with only the right experience and skills!

As a result, we are aiming to change the way we recruit in the future, using networking (in both the traditional and social media sense) rather than advertising. During 2020 we will be holding a series of recruitment open events when

anyone who might just be interested in finding out more about being a Co-owner at Middleton Hall can come along, have a chat and look round.

We held our first recruitment open evening in January and had a good number of interesting people from a range of industries and experience. Being able to attract new people to Middleton Hall with fresh ideas will be key as we improve and develop our services in the future.

If you know someone who might be interested in a career at the UK's first Employee Owned retirement village, please suggest that they look at the people section of our website

(<https://www.middletonhallretirementvillage.co.uk/our-people/>) get in touch or just turn up at one of the recruitment open events.

Our up and coming recruitment dates are listed below:

Fri 6 March (10am – 2pm)

Wed 1 April (2pm – 6pm)

Thurs 7 May (4pm – 8pm)

Wed 10 June (10am – 2pm)

Fri 18 Sept (10am – 2pm)

Wed 18 Nov (4pm – 8pm)



PROMOTING A FRESH AND HEALTHY START IN 2020

The team in Middleton Spa has been busy launching a new nutrition club with the aim of sharing best practice on how to have a balanced diet with the right nutrients and identifying barriers that may prevent people from maintaining this. The idea behind the nutrition club is to give Co-owners the information they need to make decisions on healthy lifestyle choices.



Those signing up will benefit from a small group setting with a supportive, relaxed environment to increase their knowledge and share helpful hints and tips with each other guided by Laura, who is our nutrition specialist in the healthy living team.

The bespoke facilities in Middleton Spa, coupled with our philosophy of 'Living Well' mean that all our Co-owners, residents and Spa Members have the opportunity to improve their health significantly with help from the team working in Middleton Spa.

We hope to be offering a nutrition group for residents later in the year. Anyone interested should let main reception know or enquire in the spa.

In addition to our residents and our Co-owners, we have external gym and pool membership available for people

in the local community to give access to Middleton Spa as well as exercise classes, the Orangery and Restaurant

To enquire about The Spa membership, please call our team on **01325 332207**



RECRUITMENT EVENTS - 1st April / 7th May



MEMORIES IN THE MAKING



Middleton Oaks Trip to RSPB Saltholme



Middleton Gardens Residents took part in the National Birdwatch



There's always time for a mid-week cinema trip. But where's the popcorn ladies?



A wonderful way to start 2020 with New Year lunch in The Restaurant



A Chilly morning at Angrove Country Park for our residents



Our newest resident Swan, spotted at the Waterside



 Like us on Facebook

 Follow us on Twitter @MHRetirement

Middleton Hall Retirement Village, Middleton St. George, Darlington DL2 1HA
Tel: 01325 332207 Website: www.mhrv.co.uk