



MIDDLETON HALL

Life THE VOICE OF THE VILLAGE

NEWSLETTER OCTOBER 2020

INDEPENDENT RESIDENTS

Updated Coronavirus Measures



Our number one priority is to keep our residents and community safe at Middleton Hall so we have responded swiftly and proactively to the worrying news of the rapid rise in cases and the imposition of increased restrictions in the north east.

The Middleton Hall Covid team reviews developments at a daily briefing and a planning meeting takes place each week to discuss any necessary measures in detail.

In the light of the current situation we have introduced a range of measures that aim to balance safety and living well for our residents and Co-owners.

Access to some services, including the Spa and Orangery and Shop, have been temporarily paused for independent residents but a new delivery service for the Waterside and Middleton Woods has been introduced by Alexis and the shop team and the Spa team will continue with outdoor exercises. The Art Studio and Library are also still available for individuals to visit.

Please check your email In Box for the full Coronavirus update that is issued to communicate changes and actions taken. It can also be viewed on our website at: <https://www.middletonhallretirementvillage.co.uk/news/>

Village Show Update Flower Power and Baking!

This year's socially distanced Village Show continues to be enthusiastically supported.

We had an absolutely glorious response to the Flower Week. The full display of the wonderful, colourful photographs of displays from across the village that brightened up the Show's email in box are available to view on our website at: <https://www.middletonhallretirementvillage.co.uk/blooming-wonderful-displays/>



Bake Off week challenged people to get creative with cake and our shop ordered in special supplies to help anyone running short of essentials to create their 'Show Stoppers'.



As we go to press Photography Week is underway which promises to be another strong category!

'120' Challenge

Some residents very energetically helped to launch the '120' Sporting Activities challenge in aid of Mind, Darlington.

Sponsorship sheets are still available from the Healthy Living team.

Visitor Pod Bookings

From Thursday 24th September all Visitor Pod bookings for friends and families visiting residents in Middleton Court, Hotel Living, Supported Living and Middleton Grove will be handled by our Reception.

Please contact the team on 01325 332207 between 9am and 5.30pm or email reception@mhrv.co.uk

Update from our Estates Team

Bulbs, Bulbs, Bulbs!

We will be continuing to extend the bulb planting scheme across the site, adding to the 15,000 daffodils planted last Autumn. Thom has ordered an additional 2000 bluebell bulbs to plant up the main drive woodland.



Many thanks to residents who kindly donate any bulbs for us to plant each year, the bag pictured has come from the Parkes on Waterside, if any other residents wish to buy some bulbs, the Estates Team will be delighted to site and plant them.

Sustainable Living

We are always looking for more innovative ways to be greener across the site but sometimes the old ideas are the best - use what you have at hand!

The Estates team built a worm composter last winter and with help from Aaron in Maintenance made a dual-purpose liquid / solid system. We've tapped the composter and drawn 20 litres of concentrated plant feed which will now go on to create 200 litres of liquid fertiliser - all for free!



Life in the Lake

Hopes are high that we may have finally blocked the leak in the lake on the Waterside.

The Estates team have dug out a large section where a drainage pipe and channel were left when the lake was constructed, this has now been refilled inch by inch with clay and wacked solid.

Fingers crossed the lake rises again, failing this however the team have also planted rushes around the full perimeter of the lake which will soften and fill out the edges, also creating more habitat.



Recycle better, recycle well!



Darlington has quite complex recycling rules which differ across the borough. The team will send out some information and would appreciate if everyone could help us in our drive to be a more sustainable site.

A summary of tasks completed by the Estates team in September

- Bulbs on order for Autumn planting
- Waterside lake dug out and gravel seam removed (see story above)
- Waterside woodland path re-set to make it less slippery
- Leaf mould bed mulching started
- Flowers and foliage cut and provided for the Village Show (pictured right)
- Bulrushes transplanted into The Waterside lake



Get ready for some Spring colour



'Tis the season to get planting for next spring! With the advice of the estates team Our Stables Shop team have sourced our bulbs from a local grower, thus ensuring they are ideally suited to our climate for the best results and if you buy four packs you get one pack free!

Contact the Shop team on 01325 332 207 to arrange a delivery within Middleton Hall Retirement Village.

We kindly ask that all planting is done in containers or in conjunction with the estates team. Please ask any of the Co-owners at The Orangery, or the Estates Team if you are unsure.

Village Show dates



OCTOBER

- W/c 5/10: Share your memories of Middleton Hall through the ages
- W/c 12/10: Photography Week – send us your pictures of pets and of nature around Middleton Hall
- W/c 19/10: Crockery decorating – details to follow
- W/c 26/10: Scarecrows and pumpkins ... Get ready for Halloween!

NOVEMBER

- W/c 2/11: Talented grandchild competition
- W/c 9/11: Best Christmas card competition and Christmas decoration-making (details to follow)
- W/c 16/11: Jewellery week
- W/c 23/11: Deadline for best knitting / quilting / patchwork competition deadline

DECEMBER

- W/c 7/12: Pottery/Crafts week
- W/c 14/12: Ginger Bread competition
- W/c 21/20: '120' Activities Challenge sponsorship donation deadline.

The Stables Shop goes on tour!

To ensure that groceries are available to our independent residents during the latest temporary precautionary closure of certain services at Middleton Hall, including the Stables Shop, the hospitality team has introduced a new mobile shop in addition to its regular delivery service.

Essential food and toiletries are available for delivery to both Middleton Woods and Waterside from Monday up to and including Saturday and the team will also be visiting both locations with a grocery van on alternate mornings.



In addition to a range of groceries and fresh fruit and vegetables, the van will offer a range of freshly baked scones, quiches and plenty of other treats from the Middleton Hall kitchen.

Residents can also order home deliveries of meat sourced from local butchers through Bolam's of Sedgfield where all meat is reared, brought to market and butchered within a 25 mile radius, whether from Dove's Farm near Sedgfield or Northallerton market.

Less travelled distance means happier animals as well as safe and easily traceable local produce brought right to residents' doors. Moreover, by purchasing wholesale, the prices are also very competitive!

A list of a sample selection of meats as well as a list of essential food and toiletries has been circulated to residents and orders can be placed by emailing orders@mhrv.co.uk or calling The Orangery on 01325 331444.

Al fresco exercise!

Covid preventative precautions may have temporarily restricted access to areas of Middleton Hall, including the Spa, but our Living Well team are still delivering outdoor exercise classes for independent residents. Contact them via the Spa to find out more.



Art studio and library



The Middleton Hall Art Studio and Library are still available for individual household use. Please contact Reception for details.

Deliveries and external visitors

Post is temporarily being delivered to reception again and disinfected before being delivered to properties in the Waterside.

If any Waterside residents would like to volunteer again for postal duties, their help would be appreciated – please let reception know. Given the level of precautions in place, pharmacy deliveries will continue.

Routine hospital visits should continue for the moment, but only essential district nurse and health professional visits.

Anyone receiving care in your property, please make sure that PPE is being carefully used including a new face mask and gloves put on before a carer enters the property.

We would advise caution about families and friends visiting and keep any visits outside.

We're still hiring!

The challenges faced by some of our co-owners with children being sent home from school to isolate is making our staffing levels difficult to manage at present although we have been doing some recruiting.

We're always interested in hearing from people who would fit into our wonderful team. If you know anyone who might be interested, please refer them to the recruitment section of our website.

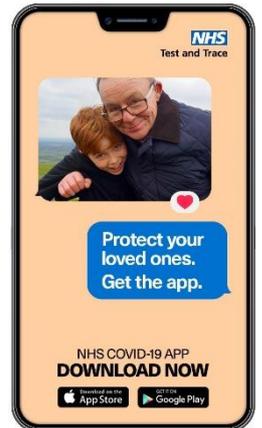


NHS Covid App

If you use a smart phone and have not already downloaded the NHS contact tracing app, we would suggest that you do and also encourage all your families, friends and social media contacts to use the app.

If there is a good take up, it helps everyone keep safe and reduce the spread of the virus.

You can find further details at this link <https://www.covid19.nhs.uk/>



Follow us on social media!



Find news and updates about life around the village at

Facebook @MiddletonHallRetirement,

Instagram @mhretirement

Twitter @MHRetirement

Goodbye



Our Graduate Trainee Emily Bowering has finished her year-long placement at Middleton Hall. We wish her all the very best for the future!

MEMORY CORNER

Fondest memories, much loved, never forgotten ...

Sheila Vickers