

## NEXT PHASE OF MIDDLETON GROVE SUPPORTED APARTMENTS

The second phase of the refurbished Middleton Grove apartments offering supported independent living in a thriving retirement village community are about to be released. Situated at the heart of the beautiful 45-acre Middleton Hall estate, each apartment has a sitting room, bedroom, kitchen and accessible bathroom with some boasting newly installed balconies and patios.

Residents can use the village's extensive facilities including The Orangery Bistro, Health & Wellbeing Centre, hairdresser, art studio and library. Optional care support, housekeeping and meals are available. To find out more visit [www.mhrv.co.uk](http://www.mhrv.co.uk)



## NEW DEVELOPMENTS AT THE ORANGERY BISTRO

The Orangery Bistro's new seasonal menu has received "overwhelmingly positive" feedback, according to Operations Director Adam Wardale, with some festive dining events already sold out.

The bistro has welcomed Leonardo Orjuela as Restaurant Manager. Leo brings extensive experience from prestigious venues including Wynyard Hall and Rockcliffe Hall and oversees day-to-day operations.

Since joining, Leo says he has found Middleton Hall to be a supportive environment that allows him to pursue his love of hospitality while spending quality time with his family. "People are friendly and approachable, and I drive into work smiling and happy," he added.



## STEPPING INTO THE FUTURE OF WELLBEING



The Health & Wellbeing Centre team at Middleton Hall Retirement Village is using an innovative system to assess movement and mobility. Called GaitSmart, it uses small, easy-to-wear sensors to detect subtle changes in how a person walks. A personalised set of exercises is then created to support muscle strength and reduce the risk of future mobility problems or falls.

After her GaitSmart session, Middleton Woods apartment resident Yvonne said she was very impressed. "It will help people to continue with a good quality of life," she added. "The exercises I was given are very simple and easy to do and are having an impact very quickly. I'm thrilled to bits with it."

For further information contact the Health & Wellbeing team at [info@mhrv.co.uk](mailto:info@mhrv.co.uk)

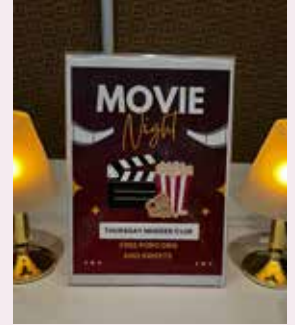


## CLASSIC CAR SHOW CELEBRATES VINTAGE VEHICLES

Middleton Hall Retirement Village's 2025 Car Show in August brought residents, visitors, and car enthusiasts together to celebrate classic motoring and community spirit. Featuring vintage cars from Teesside Yesteryear Motor Club, the event raised £218.70 for Zoe's Place Baby Hospice Middlesbrough.

## FILM NIGHT AND GOOD COMPANY MARKS THURSDAY MURDER CLUB PREMIERE

Residents enjoyed a special Thursday Murder Club film night in the Orangery, complete with charcuterie, popcorn, sweets, and ice cream - a fun evening of laughter, intrigue, and community, celebrating life in a vibrant retirement village



## FUN AND FUNDRAISING AT THE DOG SHOW

The second annual Middleton Hall Dog Show offered a fun morning of canine competitions, music, and refreshments. Six playful categories helped raise funds for Wag & Co, supporting companionship and tackling loneliness among older people.



## BONFIRE AND FIREWORKS NIGHT

Bonfire Night at Middleton Hall brought the community together for an evening of glow sticks, sparklers, a roaring bonfire, and a low-noise fireworks display set to a railway-themed soundtrack to celebrate the 200th anniversary of the Stockton and Darlington railway. This was complemented by a delicious menu and hot chocolate.



## VILLAGE SPORTS DAY SPARKS HEALTHY COMPETITION

There was lots of laughter, teamwork, and plenty of healthy competition at the annual independent residents' sports day. Residents from the village's independent properties enjoyed a variety of activities, including boules, quoits, and table tennis, keeping everyone active and smiling throughout the day.



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RETIREMENT VILLAGE



# AROUND THE ESTATE

## HOMEGROWN GOODNESS FROM THE GARDENS AND ORCHARDS

The Middleton Hall estate enjoyed a bumper summer harvest, from orchard fruits and currants to basil, tomatoes, and cucumbers. Residents joined in picking, the kitchen team used produce in seasonal dishes and any surplus was shared with the community and local charities.



### NEW FOREST BATHING SEAT ENHANCES WOODLAND WALK

A handcrafted forest bathing seat along the woodland walk provides a peaceful spot to relax, reflect and connect with nature.



### MORNING VISITORS IN THE GROUNDS

Two deer were spotted roaming the grounds early one morning at Middleton Hall, enjoying the peace and tranquillity of the estate.



## FESTIVE PREPARATIONS AND SPRING PLANTING

The Estates Team at Middleton Hall have been busy preparing the grounds for the festive period. Alongside creating Christmas decorations, hosting wreath-making sessions and unveiling a Woodland Winterland they have been maintaining the gardens and planting bulbs and trees for a colourful spring.



### AUTUMN AT MIDDLETON HALL

A display of pumpkins and a seasonal wreath provided a warm welcome for residents and visitors. The autumnal display celebrated the colours of the season seen throughout the village grounds.



### NATIONAL GARDEN SCHEME OPEN DAY SUCCESS

Garden-lovers from across the region visited Middleton Hall Retirement Village for this year's National Garden Scheme open day, raising funds for healthcare charities. Guests explored the 45-acre estate, which this year featured a heritage trail celebrating Middleton Hall's 125th anniversary, and enjoyed guided tours, residents' artworks and plenty of tea and cake.

### MARKING REMEMBRANCE DAY

A display near the Middleton Hall reception featured hand-knitted poppies, greenery from the grounds, tributes to all three services - land, sea and air - and the animals that served alongside humans. The tribute created by the Estates team thoughtfully commemorated the courage, dedication and sacrifices made in conflicts from 1914 to the present day.





# ADVENTURING OUT AND ABOUT

Recent trips have included a wonderful variety of excursions, with residents exploring lots of delightful local attractions including parks, gardens, cafés, seaside spots, museums and more.



## EVENTS IN MIDDLETON HALL'S CARE SERVICES



### Middleton Court hosts lively summer party

Residents and the Middleton Court team gathered to enjoy the sunny summer weather at a lively summer celebration.

Deputy Manager Angela called it "a fantastic day with good food, plenty of singing, and lots of dancing."



### Middleton Hall supports Macmillan with successful coffee morning

This year's Macmillan Coffee Morning at Middleton Hall raised £635 thanks to the generosity and delicious bakes donated.



### Celebrating creativity in care homes

Leading up to the National Day of Arts in Care Homes, Middleton Hall residents showcased paintings, needlework, ceramics, and more in an exhibition celebrating creativity and community.



### Evenings of sunshine and laughter

From tea al fresco in the garden to peaceful lakeside strolls, days are filled with sing-alongs, evening dances and endless opportunities to laugh and enjoy the company of others.



### Tea Dance treat

Our Middleton Grove residents had a delightful afternoon at D&H dance studios where they attended a delightful tea dance and proudly cheered on our very own Hospitality Manager Clare as she took to the stage.



### International Highland Games athlete tells her story

Athlete Kaitlin Hicks captivated residents with her journey from track and field to Highland Games success, sharing her rapid rise, championship wins, and passion for inspiring more women in sport.



### Tea & Tipple Tour a great success

Guests enjoyed prosecco and canapés, a nostalgic ride on The Newtonian vintage Bristol LH bus and afternoon tea in the Orangery Bistro. Thanks to everyone who joined and to the Aycliffe & District Bus Preservation Society for making it all possible.



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# CELEBRATING ACHIEVEMENT AND PROFESSIONAL DEVELOPMENT

Middleton Hall is proud to be a Care Workforce Pathway Pioneer, supporting best practice and professional development for the teams that work across the retirement village. A special afternoon tea was held to celebrate those who had recently achieved qualifications from Level 2 Diplomas to advanced leadership awards. Special congratulations to Vicki, Middleton Grove Lead Personal Assistant, on receiving Vision Training's Employer's Choice Award.



## ELF RUN RAISES FUNDS FOR ZOE'S PLACE

Residents and co-owners got into the Christmas spirit by completing an Elf Run along the estate's winter woodland trail. Afterwards mince pies and hot chocolate were served and a Zoe's Place stall raised funds for its hospice services.



## FOUR DECADES OF FABULOUS SERVICE

A member of Middleton Hall Retirement Village's housekeeping team has celebrated an impressive achievement - clocking up an incredible 40 years of service. Vanessa joined Middleton Hall in 1985 and over the past four decades has been a familiar and friendly face for both residents and colleagues. To mark the occasion, she was presented with a framed certificate and gift vouchers.



## SPEEDY SUPPORT FOR GREAT CAUSES

Two members of the Middleton Hall Retirement Village team sped around this year's Great North Run in very impressive times - 1hr 55mins and 1hr 50mins.

Malissa ran to raise funds for Newcastle Dog & Cat Shelter and Nicole was supporting Dementia UK.



# PEG DOLLS MARK RAILWAY BICENTENARY

Residents at Middleton Hall joined a regional celebration of railway history by hand-decorating peg dolls representing their most cherished train journeys. From childhood holidays to family visits, each doll reflected a personal memory. The project allowed residents to share stories while contributing to an art initiative marking the Stockton & Darlington Railway's 200th anniversary.



## CAPTURING THE COLOURS OF AUTUMN

Pupils from St George's Primary School in Middleton St George visited for Middleton Hall for an autumn craft afternoon with residents. They created some amazing pieces of artwork and ended the day with a wonderful presentation of their creations.



## VISIT TO THE ORANGERY BISTRO

Local business owners and community members were welcomed into the Orangery Bistro to sample some of the new look menu. The group were then taken on a tour of the Middleton Hall estate where they saw the kitchen garden and greenhouse, which supply produce for the bistro.



## EVENTS CALENDAR HIGHLIGHTS

### Festive Dining Highlights:

Come dine with us in December. A range of festive events are available in the Orangery Bistro and Restaurant.

### Festive Afternoon Tea:

17 Dec, 2pm, £18pp | Or Daily in the Orangery Bistro  
1st-24th Dec

### Christmas Day Lunch:

25 Dec, 1/1:30pm, £69pp, £10 deposit

### Boxing Day Brunch:

26 Dec, 10:30am, £24pp, £10 deposit

### New Year's Day Lunch:

1 Jan, 1/1:30pm, £27.50pp, £10 deposit

To find out more visit [www.mhrv.co.uk/whats-on/](http://www.mhrv.co.uk/whats-on/)



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