



VILLAGE NEWS

NEWS FROM MIDDLETON HALL RETIREMENT VILLAGE

Produced by Middleton Hall Retirement Village, this newsletter provides updates and stories from across our community.

SPRING 2026

NEWS IN BRIEF

Stories in this edition include:



New look for Middleton Hall dining

Refurbished restaurant, The Drawing Room, now open for dining and events.

GaitSmart mobility assessments introduced

New Health & Wellbeing Centre service using sensors to analyse walking and support personalised exercise plans.



Lee's life-changing transformation

Member Lee Nelson has lost over 11 stone through exercise and lifestyle changes.

Wag & Co visit delights residents

Friendship dog Lily continues her regular visits, bringing joy to residents.

Stunning sunrise over the estate

A striking sunrise captures the peaceful beauty of the Middleton Hall grounds.

AWARDS RECOGNITION FOR EXCELLENCE IN CARE AND RETIREMENT LIVING

Middleton Hall Retirement Village began 2026 with national and regional acclaim. It was shortlisted in multiple categories at the Care Home Awards, recognising wellbeing, dining, design, and retirement living with care. The village is also a finalist for SME Business of the Year at the Northern Echo BUSINESSiQ Awards.



"We're delighted to be recognised in these prestigious awards," said Colin Inglis, Care Director.

"It reflects the dedication of our teams and our commitment to providing outstanding care and wellbeing for our residents."



CARE EXPERTISE FEATURED ON BBC WOMAN'S HOUR

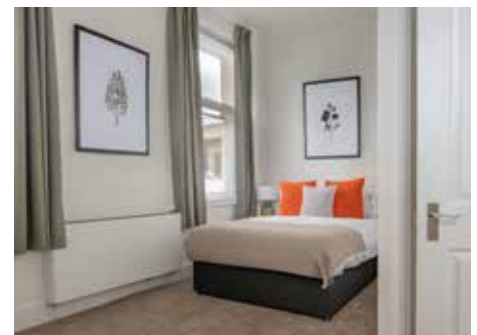
In February, Head of Care and Quality Debby McGinnes visited Broadcasting House for a BBC Radio 4 Woman's Hour discussion about the complexities that can come with caring for aging parents.

"It's important to talk openly about the challenges families face and the support available," she said.

Part of the Woman's Hour Guide to Life series, the episode is available on BBC Sounds.

LATEST REFURBISHED APARTMENTS NOW READY

The latest refurbished Middleton Grove supported apartments are available for viewing. Each apartment offers a sitting room, bedroom, kitchen and accessible bathroom, with some featuring balconies or patios. Residents enjoy village facilities, care packages, meals and housekeeping. For further details visit www.mhrv.co.uk



MIDDLETON HALL
RETIREMENT VILLAGE



BURNS NIGHT CELEBRATED IN STYLE

Middleton Hall Retirement Village marked Burns Night 2026 with bagpipes, haggis and Scottish tradition. Residents crafted natural décor, enjoyed classic dishes and shared an enjoyable evening of music and heritage.



WAG & CO VISIT DELIGHTS RESIDENTS

Everyone loves to see Wag & Company friendship dog Lily on her regular visits to Middleton Hall.



HANDMADE VALENTINE'S FUN

Residents had a lovely afternoon making Valentine hearts, sharing laughter and conversation and decorating walkers and bedroom doors for Valentine's Day.



RECENT REVIEWS HIGHLIGHT OUTSTANDING CARE AND SUPPORT

It always means a lot to us to hear about the positive difference Middleton Hall Retirement Village makes in the lives of residents and their families. We've recently received some wonderful reviews on carehome.co.uk.

One family member said, "I cannot praise Middleton Hall highly enough," highlighting the balance of independence and support. A short-stay resident described it as "a brilliant place," with "efficient, friendly and caring" staff. Another resident wrote, "I feel very much at home living here," while a relative commented that staff became "her second family."



FLIPPING FUN ON PANCAKE DAY

Residents and the Health & Wellbeing Team celebrated a fun-filled Pancake Day with races and some very impressive pancake flipping.



AROUND THE ESTATE



STUNNING SUNRISE OVER THE ESTATE

A stunning sunrise view across the Middleton Hall estate perfectly captured by one of our co-owners along with an image of one of our residents enjoying the morning light.



FRIENDLY FLOCK

A warm greeting from our neighbouring flock of sheep. Their woolly smiles bring a touch of countryside charm to the village.



FROSTY MORNING

A crisp winter's morning at Middleton Hall Retirement Village. Even the moorhens were put to the test, skating their way across the pond.

WOODLAND GUESTS

Two very special visitors were spotted in our grounds. One of the many joys of life here is being surrounded by nature.



SPRING REFRESH

Spring cleaning got underway at the Middleton Woods apartments, with the estates team sprucing up balconies and preparing everything for the brighter days ahead.

HEALTH & WELLBEING CENTRE NEWS



LEE'S LIFE-CHANGING TRANSFORMATION

Over the past two years, Health & Wellbeing Centre member Lee Nelson has lost over 11 stone. Swimming, gym workouts, and a healthy diet have reduced his waist from 46 inches to 32. Lee credits the supportive team and fellow members, with Manager Michael Hodgson saying his commitment and dedication are truly inspiring.



GAITSMART MOBILITY ASSESSMENTS

GaitSmart, a specialised mobility assessment, is now available at Middleton Hall Retirement Village's Health & Wellbeing Centre for £30 per session. Open to residents, members and the wider community, it uses small wearable sensors to analyse walking patterns. A personalised exercise plan is created to help improve strength, stability and confidence. To book or find out more, contact the Health & Wellbeing Centre.



EXPLORE THE HEALTH & WELLBEING CENTRE ONLINE

A newly designed Health & Wellbeing Centre page is now live on the Middleton Hall Retirement Village website. It highlights the wide range of wellbeing facilities and activities available, as well as membership options for non-residents.

FESTIVE MEMORIES



WREATH MAKING WORKSHOP

In the run-up to Christmas, the local community enjoyed a private wreath-making workshop. The group created stunning festive wreaths and enjoyed a fun, creative morning together.

A BRIGHT START TO CHRISTMAS

Middleton Hall's Christmas Lights Switch-On marked the start of the festive season. Residents joined Co-owners singing carols, and the Christmas lights were switched on by a Middleton Grove resident celebrating her birthday.



FAIR RAISES OVER £500

The annual Middleton Hall Christmas Fair was a festive hit, raising over £500 for St Theresa's Hospice. Residents and visitors enjoyed handmade crafts, Christmas treats, festive activities, a woodland reindeer trail and Santa's Grotto, while the Orangery Bistro kept everyone refreshed.



BIRTHDAYS AND TRIPS

CELEBRATING BIRTHDAYS IN STYLE

Birthdays at Middleton Hall Retirement Village are enjoyed with friends, cake and plenty of smiles.



ADVENTURING OUT AND ABOUT

Residents in Middleton Hall Retirement Village's residential care services have enjoyed a wide variety of trips, visiting local parks, cafés, the seaside, museums and more. They also shared lots of laughs watching Goldilocks and the Three Bears at the Darlington Hippodrome.



COMPANY NEWS

CAREER CHANGE PAYS OFF

A second career is proving a great success for Stuart, a member of Middleton Hall Retirement Village's estates team. Not only did he complete his Level 2 Horticulture Operative apprenticeship with a distinction, he has now been appointed as a permanent team member.

Bryan Moore, Estates Manager, said: "This is a huge achievement for Stuart. Taking on an apprenticeship later in life is a big commitment and he has shown exceptional dedication."



CO-OWNERS' VALENTINE'S GIFTS

To mark Valentine's Day, all Middleton Hall teams received a treat of shortbread and thank-you chocolates. A small token of appreciation for their continued hard work and dedication.



GOING THE EXTRA MILE FOR MND AWARENESS

In January, Middleton Hall's Care Director, Colin, set out to run 62 miles and raise £150 for MND Awareness, but he went further, completing 80 miles and raising over £1,000. His determination was inspired by his wish to help support vital services for people living with motor neurone disease.



INTRODUCING THE DRAWING ROOM



The Middleton Hall Restaurant has been refurbished and renamed The Drawing Room. This reflects the Georgian origins of Middleton Hall, built by Reverend William Addison around 1820 and visited by railway pioneer George Stephenson. The name recalls the historic 'withdrawing room', once a private space for conversation and entertainment. Today, it is a versatile venue at the heart of the village for dining, socialising and events.



HALF MARATHON SUCCESS

Sarah from the Orangery Bistro team successfully completed the Middlesbrough Half Marathon in 2 hours 27 minutes, an achievement she was rightly proud of.

GENERATIONS SHARE THE FUN

Residents enjoyed a visit from Middleton St George Nursery School for a 'Play Your Way to Fitness' session. The event included action-packed nursery rhymes and activities, giving everybody the chance to be active and have some fun.



MUSIC AND STORIES BRIGHTEN THE DAY

A visit by Yarm School's Silver Stories group was another joyful occasion. Everyone enjoyed hearing songs, ukulele tunes and some delightful stories. It was a fun and uplifting afternoon all round.

PAMPERING AND PRACTICE



Residents and Co-owners enjoyed a relaxing beauty session led by Darlington College students. From mini manicures to hand massages, participants were pampered while students gained valuable hands-on experience.



NEW DRAWING ROOM HOSTS SPRING SHOPPING EVENT

The Spring Shopping event was the first event to take place in the newly refurbished Drawing Room. It was the perfect spot for residents and guests to browse stalls and pick up a few treats.

EVENTS CALENDAR HIGHLIGHTS



Here are some of our upcoming events. Scan the QR code to visit the What's On page on our website for the full schedule.

Middleton Hall Dog Show

Saturday 6th June | 10:30am – 12:30pm | Free entry to spectators

National Garden Scheme

Saturday 18th July | 11am-4pm | £5 adults, free for children

Teesside Yesteryear Car Show

Wednesday 5th August | 10:30am – 3pm | Charitable donation to Zoe's Place Baby Hospice Middlesbrough

To find out more visit www.mhrv.co.uk/whats-on/



MIDDLETON HALL RETIREMENT VILLAGE

Set within a 45 acre estate, Middleton Hall Retirement Village offers independent living, supported apartments and residential care, enhanced by exclusive on site facilities.

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