

Abbeyfield Matters

Summer 2025 Edition



Abbeyfield

The Dales

Making time for older people

Contents

The sun has most definitely got his hat on, and aren't we making the most of it. With trips on the canal, beautiful gardens and all our residents are making the most of the lovely weather. Here's what's inside this edition:

4. Meet Stacey Dean

Find out about our HR & Volunteer Advisor.

6. Opening of Ilkley Fountain

Alan Titchmarsh visits Ilkley for the official opening of the new fountain.

7. Community Clean Up

Residents at Sir Francis Crossley Almshouses get stuck in.

8. Fern House

Lots of activities to read up on from bread making to Garden Club.

11. MacMillan Mighty Hike

Staff completed a 25 mile hike to raise money for Charity.

16. Meet Lesley Hill

Chair of the Abbeyfield the Dales Board of Trustees.

18. Grove House

There's summery activities to read about from fruit kebabs to pebble painting.

22. The Beeches

Canal Trip, Flower making and Gardening.

26. Harriet Street & St Stephen's Street

Residents celebrated some special birthdays.

28. Puzzle & Quiz

Thank you to all who have contributed to the Newsletter. Don't forget, if you have anything you would like to share with us for future editions of Abbeyfield Matters, then please forward your content to reception@abbeyfieldthedales.co.uk. We'd love to hear from you.

A message from the

Chief Executive

Welcome to the summer edition of our Abbeyfield Matters newsletter. As I write this, the weather is overcast, and rain is threatening, but this is in stark contrast to the blistering heat we endured not so long ago; we are never happy with what Mother Nature throws at us.

It is always a joy to reflect on the events and activities that have happened within our services over the past few months, and it certainly seems like you have all been busy. I want to thank my whole team for their energy and enthusiasm in facilitating a varied and enjoyable program for you.

I wish you all the very best for the coming months, and let the good times continue.



We hope you enjoy reading



Meet Stacey Dean

Our HR & Recruitment Advisor

Stacey has worked at ATD for 5 years and part of her role is being responsible for HR. This takes up most of Stacey's time however she is also responsible for recruiting new volunteers, and ensuring everything runs smoothly for them. Here's what Stacey told us:

"My interests outside of work are being with my family, going for walks and animals. I own my own horse, 3 dogs and 3 guinea pigs and would love to have a lot more if my husband would allow!

I enjoy the volunteering side of my role and looking after our 35 volunteers, covering Fern House, Grove House and The Beeches; we have an enthusiastic and hardworking team who I would like to thank for all their hard work and efforts - it definitely does not go unnoticed."

How do you maintain relations with ATD's volunteers?

"Whenever I visit our various sites (which is often) I make sure I seek out our volunteers and check in with them, making sure all is well and to check whether there are any issues they need support with. I have a friendly relationship with them all, I am approachable, and they know they can contact me by either phone or email."

How do you recruit new volunteers and what links do we have with other organisations?

"I attend various Volunteer Fairs that are local to our sites and I have good links to other organisations who look after volunteers. We get together every 3-4 months to discuss new ideas and what to improve on and how best to support our volunteers and each other. The next volunteer network group session is being held in Shipley in September which I am attending, along with one of our current volunteers."

I work closely with Chris Bulmer who works at CABAD (Community Action Bradford & District). This is who we use to advertise for volunteering roles within ATD.

Volunteers at Fern House have created a Friends of Fern House Committee, and they are proactive where fundraising is concerned. They promote volunteering by word of mouth, social media and also work closely with CABAD."

Do we have links with local colleges/schools?

"I work with Keighley College to enlist students to volunteer so they can gain experience that will run well alongside the NVQ care courses they are enrolled on. Older students attending local schools in Bingley occasionally visit Fern House and carry out activities with our residents and this is organised through our Activity Coordinators. Recently some of our residents were invited to attend Beckfoot Secondary School and they played bingo, painted and enjoyed nibbles and drinks – this was organised through the activity team and myself. It is important to me that we stay connected to our local communities."



Ilkley Fountain Opening

Residents and Staff from Grove House attended the **opening of the new Ilkley Fountain by Alan Titchmarsh.**

He said: "I absolutely love it. It's fantastic, isn't it? It makes the most of it rather than just a simple old-fashioned thing. Ilkley is vibrant and modern and this shows that. It reflects the thoughts of the moor and the moss." He added that he loved returning to his hometown, where he began his career as a local authority gardener.

Alan said: "I worked these streets as a gardener for five years. It's such a great treat to come back. When your own town's proud of you or knows you, there's something very special about that."





Community Clean Up

at Sir Francis Crossley Almshouses, Halifax

On 3rd July residents and staff of ATD joined forces to tidy up the gardens and surroundings of the Sir Francis Crossley Almshouses in Halifax. This was an opportunity for everyone to come together as a community and help to improve the area, making it tidier and more welcoming. Amanda Daly, our Operations Manager, organised the event and on board to help was our Maintenance Manager, Rick Towe. A few of the residents were able to help out and thankfully the weather was kind, making it a pleasant and productive afternoon.

Fern House, Bingley

Residents at Fern House always have plenty to get involved in, here are some of the recent activities.

Mobile Library Residents at Fern House have enjoyed choosing a book or magazine from the mobile library. A lovely way to spend some quality time with our residents.



Dominoes is always well attended and enjoyed by many residents, a great way to start the day.



Nail Maintenance is a regular for our residents, getting them ready for the weekend.



Balloon Tennis got everyone moving. It's surprising what fantastic 'hand eye coordination' everyone still has.



Bread making was a lovely way to spend an afternoon and a lovely bread basket was produced.



Cullingworth Ukelele Players on Fathers' Day. A fantastic and memorable day for all who attended and listened to the music. A real buzzing atmosphere.



Macmillan Cancer Support

Lake District Mighty Hike ... they did it!

In June a few staff members took on the challenge of the 25-mile Lake District Mighty Hike. The route followed the Ullswater Way along lakeside paths with stunning views. In the face of tough weather and unexpected route adjustments, they showed resilience and determination in completing the challenge and raised a total of £1,383 for Macmillan Cancer Support. Thank you to you all for your support and donations.

All money raised helps to provide people living with cancer and their families essential medical, practical and emotional support.

The day was enjoyable and a huge success!

Modesta, Hester, Jane, Sef, Philip and Andrew



The history of

Fern House Garden Club

Written by Anne Gill, Fern House Resident

Having been involved with the Fern House Garden/Garden Club for 7.5 years I have seen many changes in the garden over that time. Bingley Inner Wheel gave 2 rose bushes to celebrate the opening of Fern House and they have grown well.

Rowan was Fern House's first resident and first garden club member. She obtained many unusual plants for the 2 raised beds. In recognition of her work and after her passing away, it was decided to plant a Rowan tree in her memory, which the late Norman and I planted. A tree was acquired along with an engraved plaque and a tree dedication ceremony was held and attended by members of Rowan's family and other residents. The planting of the tree was also the garden club's way of honouring the late Queen Elizabeth II's challenge to plant a tree for her Platinum Jubilee (the Queen's Canopy). Residents have also donated bushes for the garden – Marion an acer, Peter a camelia and Robert and the late Helen, a rose.

Insects are needed for pollinating plants, so Norman and I fixed insect boxes on the garden huts. Norman also liked lilies, and these are still growing and look stunning in large pots around the garden when in full bloom. Around this time a composting bin and water butts were added to the garden.

Garden Club members have been interested in looking at other gardens. Initially we went with other Abbeyfield the Dales residents by coach to visit Harlow Carr Gardens near Harrogate. Latterly, with Michelle, a few Garden Club members have visited Lister Park Sensory Garden and East Riddlesden Hall's Walled Garden. At Cliffe Castle, Keighley, we attended talks about re-wilding your garden and the history of jam. An ex-resident of Fern House, Inge, brought more herbs and different foliage to the garden. I have enjoyed growing nasturtiums, tomatoes and strawberries. Fruit trees have always been in the garden.

A woman with short grey hair, wearing a light green short-sleeved shirt and white wide-leg pants, stands in a garden. She is smiling and holding a bouquet of purple flowers wrapped in brown paper. The garden is filled with various plants, including large white hydrangeas and several potted plants in terracotta and black pots. In the background, there is a wooden building with a pergola structure. The scene is outdoors on a gravel path.

"To plant a garden
is to bring pleasure
to oneself and
others, today".

Audrey Hepburn

"To plant a garden
is to believe in
tomorrow".

Audrey Hepburn

The main part of the garden is covered with mesh, topped with wood chippings. This lends itself to growing trees and shrubs and plants in large pots. Recently Brenda and Ken gave us some attractive containers with tete-a-tete daffodils in them. The part of the garden by the gate and behind the hedge is open soil and has supported a sunflower garden, a bedding plant garden and a wildflower garden. The addition of compost is needed here from time to time to build up the soil.

The 2 raised beds have been a main interest with all garden club members. We talk together about the type of garden we want, make a plan of the arrangement of plants, buy the plants and then build up the garden. We have had various themes such as my favourite plants garden, perennial plant garden, edible and salad plant garden, spring bulb plant garden, late autumn flower garden and a wildflower garden. The last raised bed developed was planted with primulas and one of our garden club members at the time, John, helped with this. We have recently welcomed a new garden club member, Joyce, who is enjoying

Finally, anyone is most welcome to join the Garden Club and at the moment we meet on Monday mornings at Fern House.

Audrey Hepburn said – “To plant a garden is to believe in tomorrow”. In addition to this, - “To plant a garden is to bring pleasure to oneself and others, today”.

We know how much joy gardening gives to Anne. She has dedicated a lot of her time in ensuring the Fern House garden is an enjoyable place for our residents and visitors to visit and we would like to acknowledge the time and dedication given over the last seven and a half years. We appreciate all her hard work, along with the help of various garden club members.

During one of our Resident's Meetings and to show our appreciation for all Anne's hard work over the years, we presented her with a voucher for the garden centre , along with some flowers.

Thank you Anne, we appreciate all your hard work, our gardens at Fern House look beautiful.



Fern House, Bingley

Meet Lesley Hill



My name is Lesley Hill and I'm currently the Chair of Abbeyfield The Dales (ATD) Board of Trustees.

I became a trustee of ATD when I retired as I was looking for a role in a charity and two of my neighbours suggested ATD. I really like the philosophy of ATD which is predominantly about preventing loneliness in older age, and the fact that it is such a caring and well-run organisation.

My background is in healthcare management. I was a pharmacist, and then studied business and management. Following this I started working as a manager in the NHS and have managed nearly everywhere in a hospital, and also have experience in primary and community care. My final role was as a Board Member of Calderdale and Huddersfield NHS Foundation Trust. Because of my background the management team at ATD, and the Trustees at the time thought I would be a helpful addition to their Board.

I've now been on the Board for almost 5 years, and became the Chair in July 2023. We are very lucky to have an amazing Board of Trustees with wide ranging skills and experience who can help to drive ATD forward. They are all very committed to making ATD the best it can be.

As well as being involved in ATD my other great passion is hill walking. I've done treks in different mountain ranges around the world, including the Andes and the Himalayas. I completed all the Wainwrights in the Lake District last year.

I recently moved to Ilkley from Menston (so not too far). It's nice to be able to walk to Grove House for meetings, and see some of the lovely residents there. When I became Chair I visited all of the Abbeyfield sites that ATD look after, and I'm planning to do that again over the next few months. It will be good to meet some more of you when I carry out my visits, so please pop along and see me if you know I'm going to be at your site.

I've loved the time I've spent helping ATD, which at times is challenging, but always rewarding. The best part for me is meeting residents and staff, so if you see me, please come and have a chat.

Grove House, Ilkley

The residents at Grove House love to get involved in all the activities that are on offer. Here are just a few that have taken place over the last couple of months.

Residents have been taking it in turns to create their own **quizzes** and reading the quiz questions. Our ladies and gents love a good quiz!



Residents enjoyed a fun and healthy activity of making **fruit kebabs** in the courtyard. Perfect for a nutritious snack and an engaging hands-on activity.





Grove House, Ilkley

Residents prepared for the beautiful summer ahead, as they plant some wonderful flowers. Staff and residents enjoyed a lovely afternoon **planting up pots and hanging baskets** to brighten up the garden and main entrance. To finish off the area around the fountain, residents **painted pebbles**.



Armchair travel club

The residents had an Italian-themed day to launch their new “**Armchair Travel Club**”. They started the event with an Italian-inspired quiz and facts about the country, and enjoyed Italian music before a virtual tour of the country. They enjoyed traditional food and drinks such as pizza and Bellini cocktails, made with Prosecco and peach puree. There was a lot of reminiscing about trips to this beautiful country.





Nigel from Moss & Moor Garden Centre visited us at Grove House recently and carried out a craft session for a few of our residents. This consisted of decorating wooden spoons which will be displayed at the **66th Ilkley Flower Show**, of which we are one of the sponsors.

This years event takes place **Saturday 20th September** at **All Saints Church, Skipton Road, Ilkley** doors open to the public at **2pm** and the awards presentation at **15:45** followed by the sale of flowers, produce and crafts by the exhibitors.



The Beeches, Menston

Residents could not have picked a better day for messing about on the water. They enjoyed a trip along **Skipton Canal** stopping for Fish & Chips at Bizzie Lizzies. The crew were great fun on Richard's Endeavour and they are all looking forward to doing it again.



At the end of the trip the residents enjoyed Fish & Chips at Bizzie Lizzies.

A highlight of the trip was seeing lots of wildlife and beautiful scenery along the way.



Coffee Mornings at The Beeches



Why not come along and enjoy a morning with us, we have raffles, bric-a-brac, sweet treats ...
and great company.

Date: 1st Wednesday of each month

Time: 10:00 am to 12:00 noon

Telephone: 01943 882430

Location: The Beeches, Newfield Drive, Menston

Getting Summer Ready

At The Beeches in June the residents were getting summer ready. They made handmade flower pots with the help of our volunteer Lynne Melville and everyone was thrilled with the end results.



Our garden is coming on nicely, we have made a start planting our large flower beds but it's a full time job watching out for the pesky squirrels who enjoy undoing all our hard work.

Also residents and staff at The Beeches give a massive thankyou to Carl & Simon of our Maintenance Team for making the garden look totally amazing with a new patio area and fountain.

Residents had a grand opening with strawberries and cream scones.





The Beeches, Menston

Harriet Street, Burnley

104 years young

We celebrated a special birthday recently at Harriet Street - Joan was 104.

Joan was a member of the former Abbeyfield Burnley Society Board of Trustees and helped to design both our properties in Burnley. She likes to keep herself active and fit by walking 3-4 laps of the building every day.



St Stephen's Street, Burnley Special Birthdays

Brian Watson celebrated his 90th birthday recently along with Jack Schofield who celebrated his 95th. It was a cheerful afternoon and enjoyed by all.

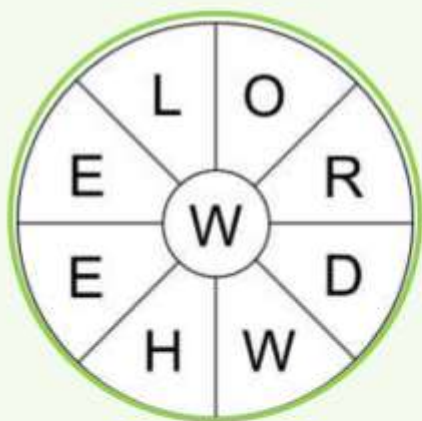


We also took the opportunity to say a fond farewell to one of our residents, Lorna Greaves, who has been a resident at St Stephen's Street for a couple of years and is now moving on and at the same time celebrated Michael Parkinson's 83rd birthday.



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amusement park
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 laughing
 vacation
 ice cream
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 picnics
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		6	3	7		
		4				5
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2	5		3		1	6
		2			3	
9			7			4
	5					
	1					
		8	1	9		4

Puzzles & Quiz

Answers on the back page.

1. In what year were the first modern Summer Olympic Games held?
a) 1896 b) 1906 c) 1886
2. When you're standing on the beach looking at the horizon, approximately how far can the average person see?
a) 5 miles b) 3 miles c) 7 miles
3. What is the largest museum in the world?
a) National Museum of China, Beijing,
b) Metropolitan Museum of Art, New York City
c) The Louvre, Paris
4. What is the hottest temperature on record in the UK?
a) 40.3°C Lincolnshire b) 40.2°C Heathrow c) 39.9°C Surrey
5. How many tons of strawberries are eaten over the Wimbledon?
a) 46.3 b) 28.9 c) 38.4
6. At 1.34 miles, where is the longest pleasure pier in the UK?
a) Blackpool b) Southend c) Brighton
7. Which feast day falls on July 15 every year?
a) St Stephen's Day b) St Swithin's Day c) St Simone's Day
8. What was the name of the ITV holiday programme fronted by Judith Chalmers which ran from 1994 to 2003?
a) Wish I was there b) Wishing you Well c) Wish you were here
9. A sea breeze is a cocktail made with vodka, cranberry juice and ?
a) Lime Juice b) Orange Juice c) Grapefruit Juice
10. Who is the famous summer painter of A Sunday Afternoon on the Island of La Grande Jatte.
a) Georges Seurat b) Paul Signac c) Henri-Edmond Cross



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Quiz Answers

1a) 1896 2b) 3 miles
7b) Saint Swithin's Day

3c) The Louvre, Paris 4a) 40.3°C 5c) 38.4 6b) Southend
8c) Wish you were here 9c) Grapefruit Juice 10a) Georges Seurat



Sudoku Solution

5	8	6	3	2	7	4	9	1
7	2	4	8	9	1	6	3	5
1	9	3	5	4	6	7	8	2
2	4	5	9	3	8	1	7	6
8	6	7	2	1	4	3	5	9
9	3	1	6	7	5	8	2	4
4	5	2	7	6	3	9	1	8
3	1	9	4	8	2	5	6	7
6	7	8	1	5	9	2	4	3