

Norwood News -



Dear Family, Friends and Supporters

As always Norwood House has had a very busy month, and will be continuing to have a fun filled month again for December. Please remember family and friends are welcome to any event or activity so please make a note of our dates in your diary.

6th of December 2019 is **ELF Day** supporting the **Alzheimer's society**. We plan on our staff being dressed as Elf's and playing some games to help collect money for the this wonderful charity.

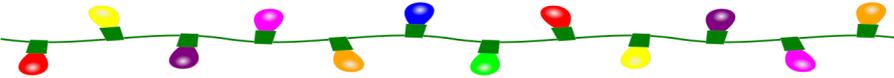


13th December is **Christmas Jumper day** For **Save The Children**. We are gathering the troops to make sure we all have our best Christmas Jumpers on for the day.

Please feel free to join us for any of our entertainment and events we offer, but as always visitors are welcome at any time even if just for a cup of tea!

Regards,

From all at Norwood House



Christmas Dinner

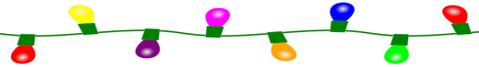
If you would like to join your loved one for dinner on Christmas day (25th December from 12:15pm), Please book with reception. As you will appreciate, due to additional catering requirements, we would like to ask that you book your meal with us by the:

15th December 19

If you are unable to join us on Christmas day, we will be hosting a Christmas Dinner on Sunday 22nd December for any family members or friends that would like to join their loved one for a meal before Christmas. Again please let Reception know if you would like to come so we know how many to cater for.

December 2019

Diary Dates

- 
- ◆ **6th December -**
Creative Mojo & Elf Day
 - ◆ **9th December -**
Brian Shaw
 - ◆ **10th December -**
Sharon Jarvis
 - ◆ **11th December -**
Creative Minds & School Nativity
 - ◆ **12th December -**
Sing As We Go
 - ◆ **13th December -**
Tickled Pink & Christmas Jumper Day
 - ◆ **15th December -**
Ipswich Hospital Band
 - ◆ **17th December -**
Gwyn Pritchard
 - ◆ **18th December -**
Church of England Carol Service
 - ◆ **19th December -**
Annika
 - ◆ **20th December -**
Creative Mojo
 - ◆ **22nd December -**
Mr Bean Entertainment
 - ◆ **24th December -**
Sing As We Go
 - ◆ **30th December -**
Brian Shaw



November saw Ken, Trevor, Shirley and Doreen enjoying their Birthdays with family, friends and staff. A **BIG** thank you to our chef's who never fail to produce amazing cakes for our residents here at Norwood House. It makes their day that extra bit special.



Trevor was joined by his wife and family to share his cake and open presents with him. **Ken** was pleased with his afternoon birthday tea and cake, although he would have preferred chocolate!



Shirley went out for the day with a close friend, and **Doreen** was visited by her family on her birthday. Birthday 'teas' were enjoyed by all and everybody got a share of the cakes!



The 'Managers Lounge' is available for celebrations if needed—please ask Management if you would like to use it.

If you would like a copy of any of the photographs that we feature in our Newsletter each month, please ask a member of the Reception staff.



REMEMBRANCE DAY

Our residents spent the morning creating some wonderful poppy wreaths with Kerina from Creative Minds to put around the home, Ready for **Remembrance Day**.

New resident Derek joined in with the creation of the Remembrance wreath which was enjoyed by himself and our other residents that took part.



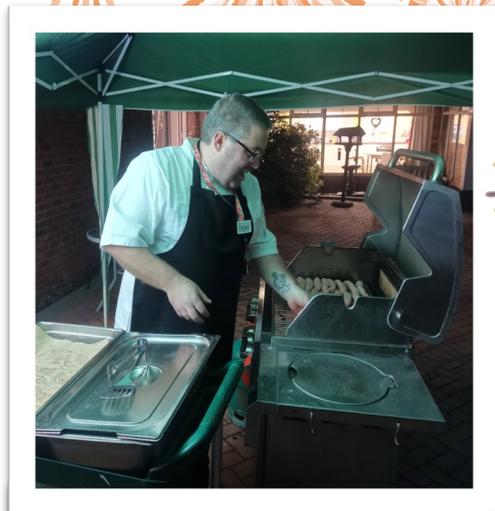


Thursday 7th November saw Norwood House's first **Family Fireworks Display**, something that we hope will grow and become another loved and well attended annual event for us.



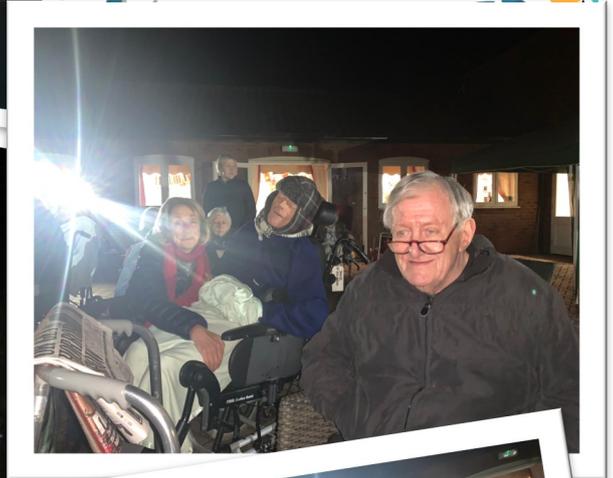
Residents, relatives, staff and families all enjoyed the excellent display, set off by our very own Maintenance Team come **'Pyrotechnic Experts'** Paul and Simon!

A big thank you to staff who came to support, and to the **Kevin and Peter** our Chefs who provided a BBQ and hot chocolates to keep everyone warm!





Everyone wrapped up warm with coats, blankets, hats and scarves to watch the fireworks display as people of all ages came to watch!



One of our regular performers, **Gwyn Pritchard**, performed at the start of the evening in the bandstand, which got some people dancing to keep warm!



FIREWORKS NIGHT FACTS...

- IT WAS ONCE ILLEGAL **NOT** TO CELEBRATE FIREWORKS NIGHT IN BRITAIN
- **KING HENRY VIII** WAS THE FIRST PERSON TO HOST A FIREWORKS DISPLAY
- YOUR AVERAGE SPARKLER BURNS BETWEEN 1000-1500 DEGREES C
- GUY FAWKES HAS AN ISLAND NAMED AFTER HIM—IN THE GALAPAGOS ISLANDS

DID YOU KNOW?!

FIREWORKS WERE INVENTED BY ACCIDENT—IT WAS A CHINESE COOK IN THE 10TH CENTURY WHO ACCIDENTALLY INVENTED FIREWORKS BY MIXING THREE COMMON INGREDIENTS FOUND IN A KITCHEN BACK THEN: SULPHUR, CHARCOAL AND

There are 28 titles of Christmas Carols hidden within this picture—how many can you find?! Answers will be featured in January’s Newsletter!

HINT: You need to look closely and think out of the box, some are quite cryptic!

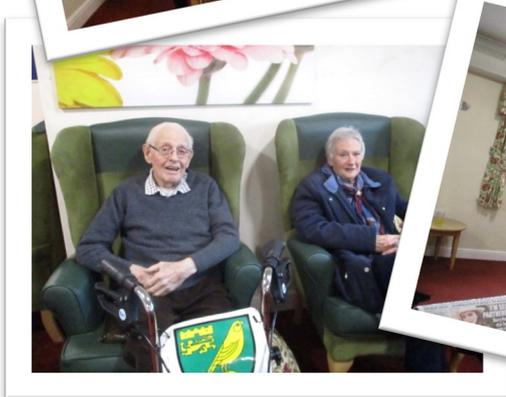


SING AS WE GO!



Residents enjoyed their regular visit from the girls at Sing As We Go this month, who sing old wartime songs that our residents remember from their younger days.

They always have a huge audience for their performances, and get everybody joining in with singing along, dancing, clapping or even tapping feet!



At Norwood House our residents like to be busy, and are often seen helping staff out with chores around the Home. Whether it be cleaning, folding laundry, peeling potatoes or building with blocks, we like to ensure our residents feel independent and that they are contributing to the day to day running of Norwood House.



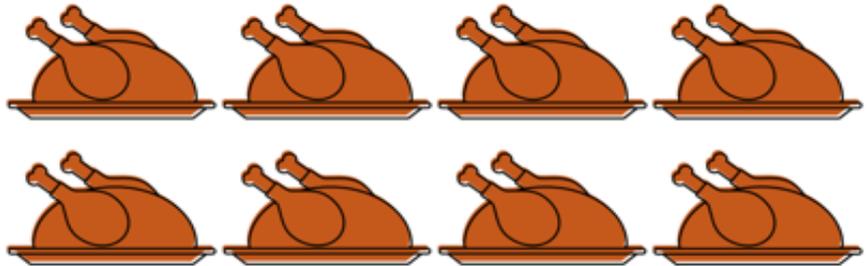
It appears Neville is a dab hand at helping with the laundry and vegetable peeling!



HAPPY Thanksgiving

Norwood House went Stateside and celebrated Thanksgiving on Thursday 28th November, with an American themed day including a roast Turkey. One of our starters was 'Pigs in Blankets' with a home made American BBQ sauce which was deliciously prepared by our kitchen team. It was a very tasty reminder of everything we have to look forward to with all the festivities arranged for the coming weeks.

Chefs



Corner

AMERICAN BBQ SAUCE

INGREDIENTS -

- 1 Tin of Chopped Tomatoes
- 120g Tomato Ketchup
- 60g Brown Sauce
- 2 tbsp Dark Brown Soft Sugar
- 2 tbsp Worcester Sauce
- 1/2 tsp Pepper

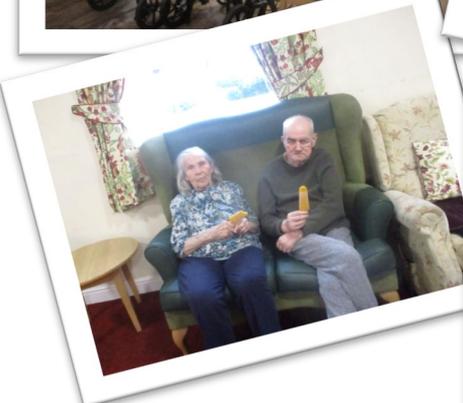


Add all ingredients into a saucepan, heat over a hob and stir until the sugar is all dissolved. Allow to cool before serving with the pigs and blankets straight from the oven.

Residents enjoyed a performance from new entertainer Dennis Frere-Smith, who did an excellent job of getting everyone involved... singing along, playing ukuleles and dancing!



And with visits from 'Somethin Else' and Gwyn Pritchard, it has definitely been a musical month at Norwood House!



NORWOOD'S GOT TALENT

(Or have they?!)

After one of our planned entertainers had to cancel their performance recently, **Activities Coordinator Sarah and Deputy Manager Abi** took it upon themselves to take to the floor with the karaoke machine to put on a show!

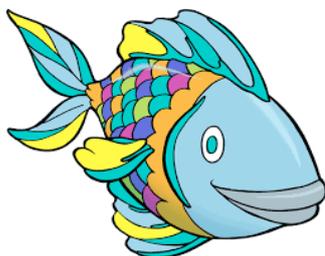
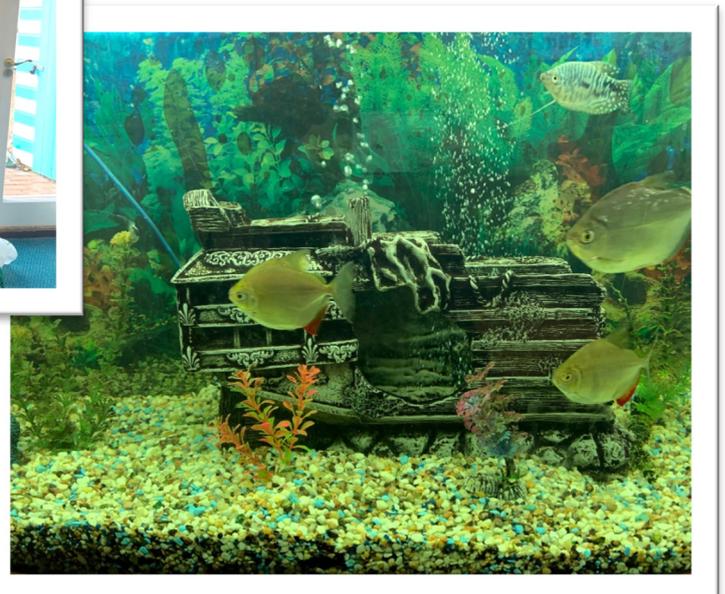
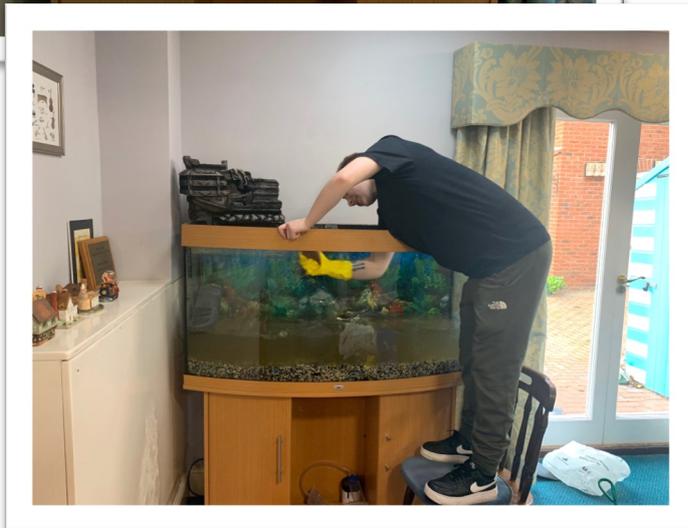
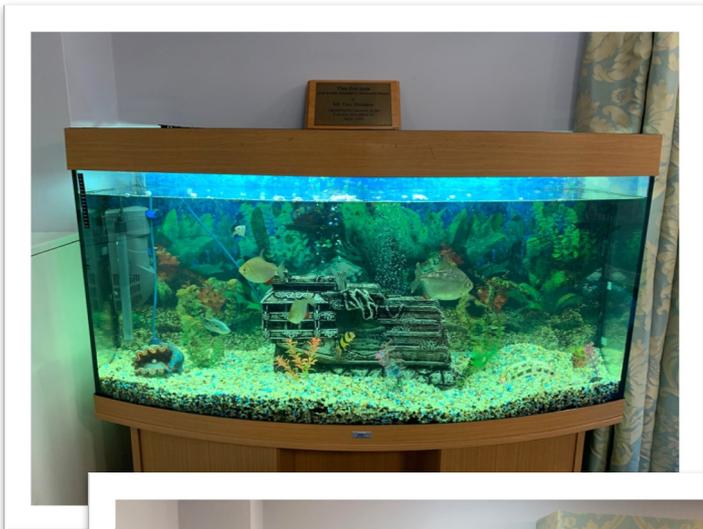
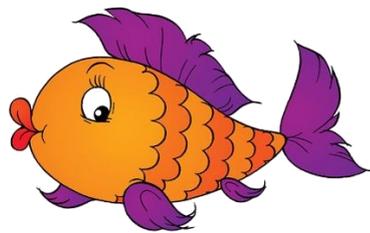
Christmas karaoke went down well with the residents—although maybe they were just laughing at their new entertainers!



Tune in next month to find out who are the next talent contestants at Norwood!



Our fish tank recently had a long overdue clean - Sarah spent a whole day cleaning the stones, ornaments and making sure the fish had a clean home to go back to! If you would like to help regularly clean the fish tank and ensure it is kept looking fresh, please let a member of staff know!



RELATIVE MEETING DATES 2020 (Jan-June)

Wednesday 15th January - 2pm

Saturday 9th February - 2pm

Wednesday 5th March - 2pm

Saturday 19th April - 2pm

Wednesday 14th May - 2pm

Saturday 14th June - 2pm



These meetings are held with Management, and are a chance for residents' relatives and loved ones an opportunity to contribute to the continuing development of Norwood House. This is an ideal chance to discuss any ideas, thoughts or comments to further improve the services we offer.

Coffee and Cake is provided!



Wishing all of our residents and staff, and relatives, friends, families, loved ones and supporters of Norwood House a very Merry Christmas, a Happy New Year and all the best for 2020.

Kind Regards,

Tom and Abi

Management Team



County Care Homes

Best Dementia Care Home Finalists The National Dementia Care Awards 2011

Together We Care

NORWOOD HOUSE CONTACT DETAILS:

Manager - Tom Horrex

Acting Deputy - Abi Pipes

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