



Norwood News **2019**

Dear Relatives, Friends and Supporters,

Welcome to another edition of the Norwood House Newsletter.

Over that last couple of months Norwood House has been delighted to welcome some new members of staff to our happy family. We have been joined by:



Shannon	Support Worker
John	Activities Co-ordinator
Matthew	Chef
Abigail	Housekeeper
Bethany	Night Support Worker
Carol	Support Worker

All have settled in well, and John (Activities) is getting to know our residents well and finding out what they enjoy doing.



Our residents enjoyed a wonderful 'Valentines' dinner on the 14th February, with plenty of fizz to go with it.



Once again we had lots of family members and friends visiting us last month; and as always, it is wonderful to see you all. Our residents certainly enjoy having visitors.

Wishing you all a wonderful Spring,
All at Norwood House

March 2019

Diary Dates

- 1st March 19
10am Creative Mojo
2pm Annika
- 4th March 19
2pm Geoff Jukes
- 6th March 19
10am Creative Minds
- 8th March 19
2:30pm Sharon Jarvis
- 11th March 19
2pm Barry Tone
- 12th March 19
2:30pm Sing-As-We-Go
- 15th March 19
10am Creative Mojo
- 18th March 19
11am Brian Shaw
- 19th March 19
2pm Mr Bean
- 20th March 19
10am Creative Minds
- 22nd March 19
2:30pm Sharon Jarvis
- 24th March 19
2:30pm Hospital Band
- 25th March 19
2pm Mike Pritchard
- 26th March 19
3pm Charley Jolly
- 28th March 19
11am C of E Service
- 29th March 19
10am Creative Mojo
- 31st March 19
5pm Mothers' Day Tea

*PLEASE FEEL FREE TO JOIN US AT ANY OF
OUR PLANNED EVENTS*

Norwood House
Littlemoor Road
Middleton
Saxmundham
Suffolk
IP17 3JZ

www.countycarehomes.co.uk



County Care Homes

Best Dementia Care Home Finalists The National Dementia Care Awards 2011

Together We Care



In February it was time to celebrate the birthdays of some of our gentleman residents.....

Happy Birthday Bela, Bert and Charles....

Wonder why they all like a nice Chocolate cake?



Our staff always enjoy celebrating our residents birthdays with them, and Ruth, one of our Chef's, particularly enjoys making their Birthday Cakes. Charles's family brought a delightful musical afternoon to his Birthday Celebrations, which was enjoyed by everyone.

Anita and Bev, two of our Dining Room Assistants who share a birthday almost on the same day, also enjoyed sharing their cake with residents and staff.



WELCOME

Family & Friends



It is always lovely to have our residents family members visit us here at Norwood House. Why not put some of our events dates in your diary, and join us. We have lots of wonderful singers in this month, as well as Mr Bean, on the 19th March, who will be doing his Magic Show.



FAMILY

We may not have it all together, but together we have it all



When Jan's daughter came in, she brought with her a picture of her mum in her 'younger days'....

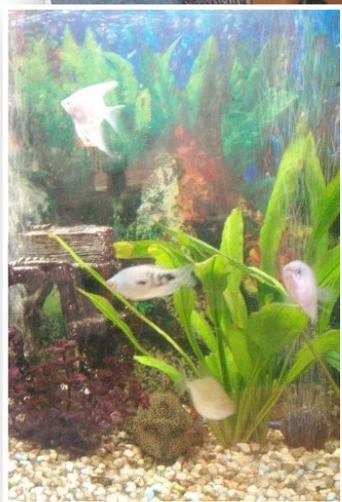


Shirley always enjoys a visit from her daughter and two grandchildren.



We will be holding an 'Afternoon Tea' to celebrate Mothers' Day on the 31st March 2019.

If you would like to join us, please let Reception know. Our tea will be being served from 5pm.



Many thanks to Sue, Norwood House Team Leader, and her husband who continue to look after our fish tank.



After a good clean out more fish have been added to the tank including some 'Silver Dollars', Angel Fish, Gourami and Tiger Barbs.

Our residents and visitors alike; especially the children, always enjoy sitting to watch what is happening in the tank. The 'glass cleaning Plec' is always amazing to watch!



Things To Do In Spring

Here at Norwood House we always try to encourage our residents to 'have a go' at different things. The Alzheimer's Society recommend that we all try to keep our brains active by having a go at something new, or just doing something different. Now that the weather seems to be improving... why not do something new or different... or just have a go at a few of the things on our list. You never know, you may want to do some of them again.....

- ⇒ Make and Fly a Kite
- ⇒ Have a picnic on a blanket with a really good friend
- ⇒ Sort and clean out that drawer, desk, shed or wardrobe you keep putting off
- ⇒ Make physical prints of the photos you took last year
- ⇒ Go Bird watching
- ⇒ Learn to play an instrument
- ⇒ Get a new style haircut - or, buy a hat and wear it
- ⇒ Go to a local Art Gallery or join an Art Group in your area
- ⇒ Put on your wellies and splash in puddles
- ⇒ Learn a new language
- ⇒ Blow balloons out of your car window
- ⇒ Add something different to a salad - why not cut up strawberries to put in
- ⇒ Climb a tree - carefully
- ⇒ Watch the sunset with a glass of something fizzy
- ⇒ Do a Car Boot Sale with all the 'clutter' you have
- ⇒ Open all the windows in your house
- ⇒ Go to the theatre at least once this year
- ⇒ Learn flower arranging or drying flowers
- ⇒ Take a long walk or hike and look for four-leaf clovers
- ⇒ Learn to Dance
- ⇒ Pick up litter on the local beach to help create a clean environment
- ⇒ Play Hopscotch
- ⇒ Make plans to visit a 'Suffolk Open Garden'
- ⇒ Do all the repairs or decorating jobs you have been putting off
- ⇒ Start knitting or sewing again - or any activity you 'used to do'
- ⇒ Wash the car on a regular basis
- ⇒ Skim stones in a pond, lake or sea
- ⇒ Start a 'Night Class in your local area - you know you want to
- ⇒ **Do Something New**

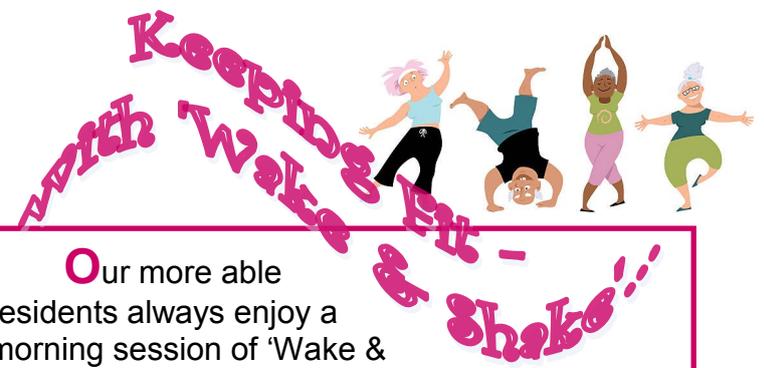
It's time to start something new

February Sudoku Challenge.....

Here are the numbers to complete last months' challenge.

How Did You Do?

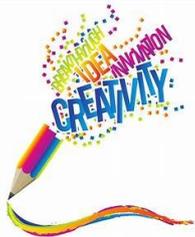
1	4	6	7	9	2	3	8	5
2	5	8	3	4	6	7	9	1
3	7	9	5	8	1	4	6	2
4	3	7	9	1	5	8	2	6
5	8	1	6	2	7	9	3	4
6	9	2	4	3	8	1	5	7
7	1	3	2	6	9	5	4	8
8	2	4	1	5	3	6	7	9
9	6	5	8	7	4	2	1	3



Our more able residents always enjoy a morning session of 'Wake & Shake'.

For some of our residents, a quiet 'one to one' training session is much more preferable.....

Well Done Rosemary!



Art Attack!

John, our new Activities Co-ordinator spends time every day with each of our residents. He's enjoying getting to know them and doing small activities with those who often don't want to join in all the other things that regularly take place

around Norwood House.



Residents always enjoy working with Kerina, from Creative Minds. They have produced some wonderful pieces of artwork which can be seen around our home.





It was nice to see Kay getting involved in a little art work between her hair appointments.

Sometimes our residents are so engrossed in their craft work, their visitors find it hard to distract them.





Foteini, from Creative Mojo, has been making some lovely bright and colourful 'flower' displays with our residents. Look out for them when you next visit us. The residents particularly enjoyed making the window box which is on display in our main lounge.



Foteini, has also been bringing in her new puppy 'Lola', a 10 week old Cockapoo, who she hopes to train as a 'Pat Dog'.



When our residents don't want to paint; they are just as happy to sit and cuddle Lola.





Happy Valentine's Day



Our Chef's in the kitchen always produce a delightful and varied menu, and our Valentines' Celebration Lunch was no exception.

Our residents enjoyed:

- * Roast Beetroot Soup with crumbled feta cheese, served with fresh baked bread or a Trio of Special Crusted King Prawns on a bed of gem lettuce with lemon mayonnaise.
- * Shredded Duck Confit with a tangy orange sauce or Salmon En Croute, a puff pastry parcel filled with a salmon fillet, cream cheese, asparagus and chives. Both served with dauphinoise potatoes and fresh vegetables.
- * Chocolate Dipped Strawberries with meringue kisses and Prosecco.



Once again, a BIG Thank You to all our Chef's for producing some amazing food.



Let's Make Some Music Magic



Our residents always enjoy it when singers come in to entertain them. February saw Geoff Jukes, Brian Shaw, Sharon Jarvis and Brian Pritchard coming in to sing a medley of popular songs to our residents from different decades.



70s



Staff also enjoy being involved, whether singing along with the residents or enjoying a 'bit of a boogie'.



Mary always enjoys a dance, yes; even at almost 99! Whether dancing with John, from Activities or Tess, from Housekeeping, she is always sprightly on her feet.





Church Service

Norwood House were once again delighted to have the Reverend Christine Redgrave, incumbent for our local 8 parishes, and other members of her congregation here to deliver a service to our residents.



They will next be in at 11am for services on:

- 28th March 19
- 25th April 19
- 30th May 19 - Ascension Day Service



Please feel free to join us.



1ST Don't FORGET



MEMBER HAS POST

Truly Scrumptious

As with most of us, our residents always enjoy their puddings and desserts! Thank goodness our Chef's are able to deliver some delightful and delicious afters..... and Starters & Mains!



County Care Homes
Norwood House

DIRECTORS' SURGERY

Gareth and Enid Nixon-Moss highly value feedback from both visitors and staff. They are holding regular surgeries to enable any visitors or staff to meet them and to discuss any issues or suggestions as to how we may add to the service we provide and make your time at Norwood House even more memorable and enjoyable for our resident guests and yourself. All discussions will be held in strict confidence unless agreed otherwise.

Should you wish to meet Gareth and Enid please ask in Reception to be put on the Surgery list. Should you require longer time then additional arrangements will be made at the first meeting.

The following dates and times are available.

27th March 2019

2.00pm

2.15pm

2.30pm

2.45pm

3.00pm

3.15pm

April 2019 To Be Arranged

"Our priority is to ensure The County Care Homes Group is a Centre of Excellence" in providing Dementia care. If for any reason we have not met your expectations, do please contact me and give me and my team an opportunity to address your issue".

Gareth Nixon-Moss