

October



Norwood News -

october

BIRTH FLOWER

passion

creativity

drive to succeed

desire for wealth

beauty and warmth of the rising sun



MARIGOLD

OCTOBER BORN

Clairvoyant. Nature lover. You are a born leader. People look up to you. Amiable. Honest. More emotional than practical. Rebellious at times. Totally independent. Good looking. Clever. Faithful towards family, friends and your love. You give importance where due. Dedicated and hard working.

OCTOBER



This stone may bring faithfulness and **confidence** to its wearers. Opal necklaces in particular are thought to **guard against evil** and protect eyesight.

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County Care Homes

Best Dementia Care Home Finalists The National Dementia Care Awards 2011

Together We Care

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Together We Care

Dear Friends and Relatives

We are updating you at this critical phase in our efforts to track, contain and control the spread of Covid-19 in our care homes.

The last six months have been the most pressured, stressful and unrelenting that any of us, working in the health and care system can remember.

We are hugely grateful to and proud of our much-valued staff, social services and our NHS colleagues, who have continued to do such an incredible job looking after those in our care.

This year, we have all shared or recognised the pain of losing family members, friends and colleagues to coronavirus and its complications. We are determined to do all we can to protect everyone receiving and providing care this winter. As winter approaches, we recognise we must intensify our efforts to support and protect everyone in our care.

With the prevalence of coronavirus rising in the population and in social care, now is the time to act.

Many of you will have seen our new policies and procedures emphasising the need to maintain vigorous infection control, social distancing and to make sure that everyone is doing the right things to reduce the risk of transmission, if we are to maintain our collective efforts to keep the virus at bay.

We were delighted to have been able to open up visiting a few weeks ago, albeit on a limited basis. Given the worrying increase in COVID cases reported within the wider community over the last few days we hope you will understand the difficult position we find ourselves in. On the one hand we wish to accommodate visitors at all times yet on the other we have the health and wellbeing of all our residents and staff in mind. As COVID cases have increased we have little alternative but to put the latter foremost in our considerations and to lockdown again. This has been applied to both Norwood House and St Peter's House. We have considerable support across the group for taking these difficult yet necessary decisions, thank you all.

We are working on a plan which hopefully will enable limited visits to restart albeit on a restricted basis and hope to be able to make further announcements in due course. This is at all times dependent upon the changing risk which COVID presents.

We and our team are working tirelessly to ensure our residents, their families and staff are kept as safe as we can. If we are to maintain our collective efforts to keep the virus at bay, we need your cooperation whilst we go through this difficult time with COVID.

Thank you

Gareth and Enid Nixon-Moss - Directors

'HIPS AND BOTTLES' – GAME RULES

Each team will consist of 5 players.

Players will be seated in the 'starting chair' at the beginning of their turn.

Stopwatch will start when the first team member leaves their chair.

First person will complete the course by knocking each bottle over, using the equipment provided **ONLY**.

No bodily part is to touch the bottles (ps. falling over deliberately does not count!)

Team member will then sit on the chair at the end of the course (briefly). As they return to the starting chair, bottles must be replaced into a standing position ready for the next team member.

Next team member may start once 'tagged' by the preceding participant, and equipment swapped to the next team member. Stopwatch is stopped when last team member is seated back in the starting chair.

An inflatable watermelon and bows and arrows will be getting shot to distract team members by our residents (ONLY!). Bottles knocked over by flying objects will automatically be a 5 second penalty added to your team score.

BONUS POINTS AVAILABLE....

'Best individual thrusting technique' will be rewarded with a 5 second deduction to your overall team time! (Mr Bean impersonations will be accepted)

Winning team gets absolutely nothing - apart from kudos!

Losing team will be forfeited at a later date...

Thrust-induced injuries will **NOT** result in any time off work!!!

Staff 'Hips & Bottles' Game



Valda started off the game
with her hip action!



Followed by her teammate
Mandy and then Nicole - who
got away with not being
photographed!



Team captain Alastair
then took his turn .

Renata went last for the team,
and they certainly left the best
until last with Renata winning
'Best Thrusting'





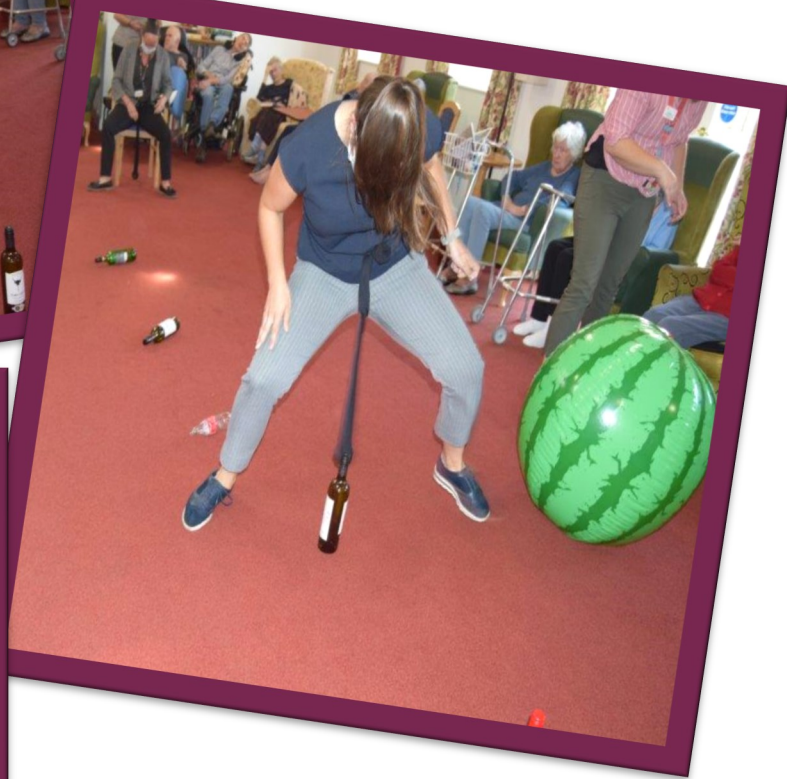
Hayley kicked off
Abi's Team



Followed by Toni....
Then Pedro



Team Captain Abi sped
through her turn



Then last, but not least Laura
showed us her moves!

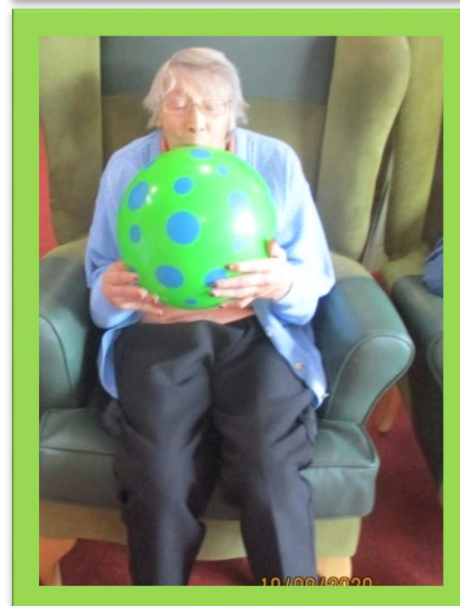
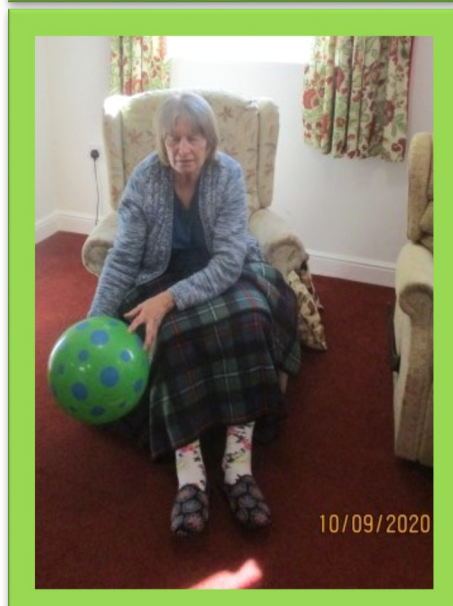
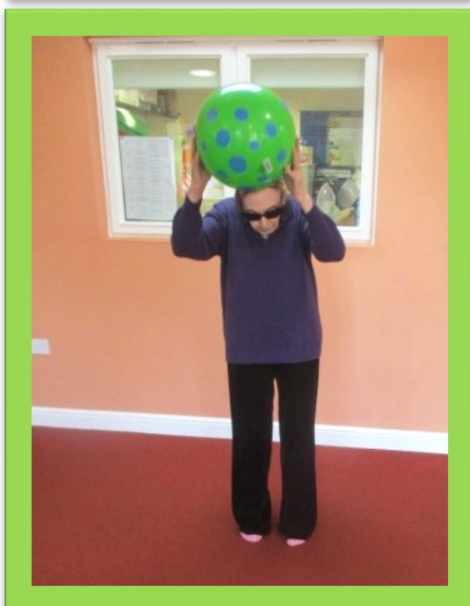
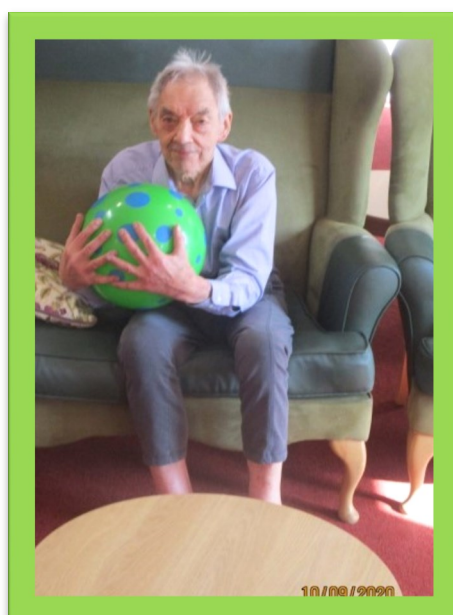


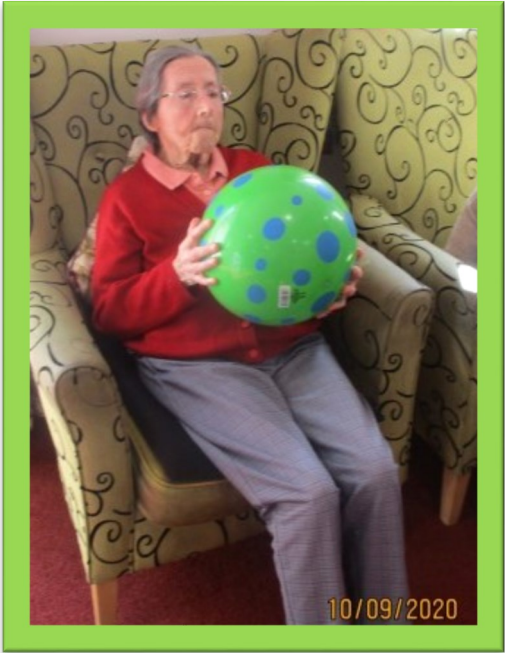
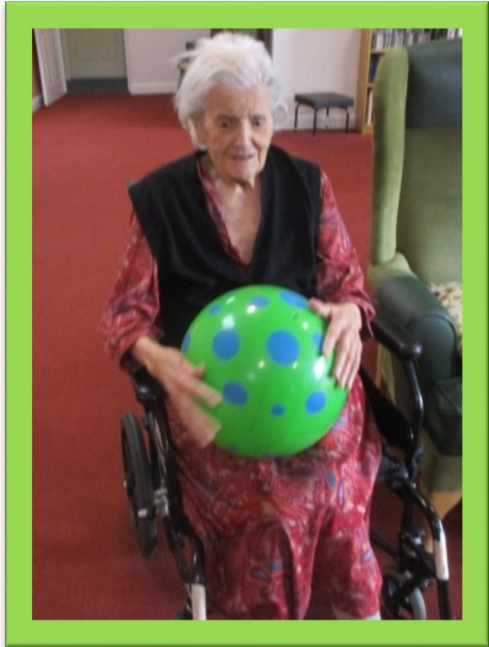
Flower Arranging



Flower arranging is a beneficial activity for individuals with Alzheimer's disease or other forms of dementia. Flowers stimulate the senses of smell, sight and touch and in doing so can also trigger memories, encourage reminiscing and reduce feelings of stress and anxiety.

Ball fun with the residents. From throwing a beach ball to one another, rolling a ball at the skittles and hitting a balloon with a tennis racket our resident are always busy with activities to keep them active.







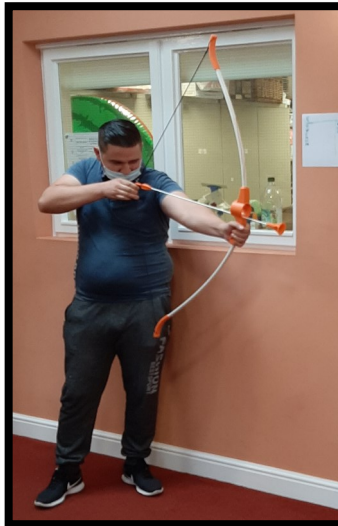
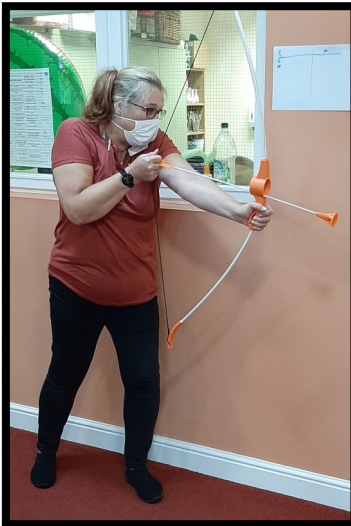
David helped to keep the team leaders organised in their office.

Amelia had a nice pamper session to put a big smile on her face, she had he hair curled and her nails painted.

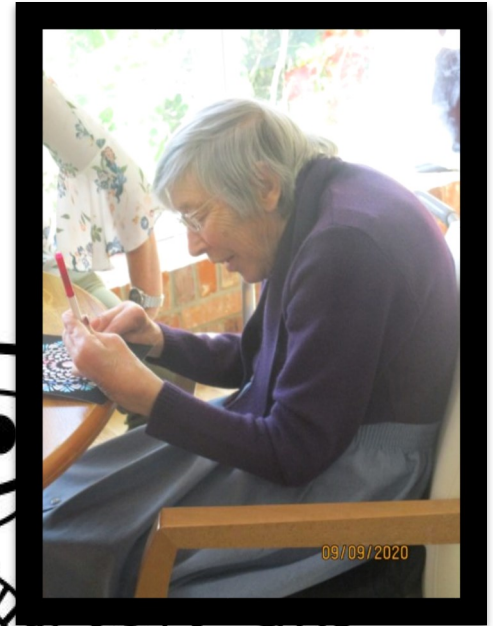
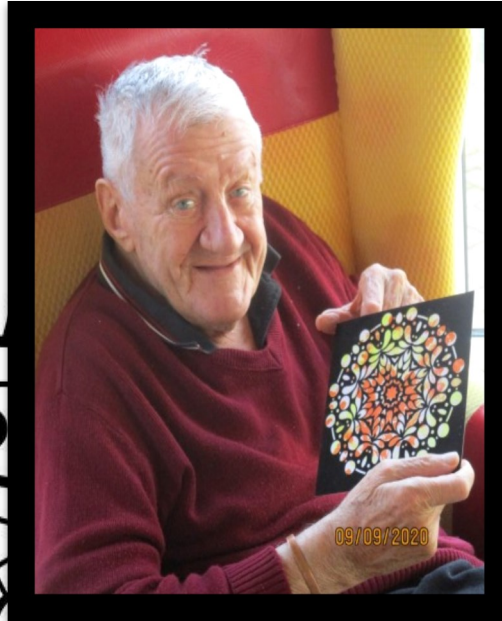




The staff enjoyed a match of Archery!



Arts & Crafts



The very simple act of creating art is enough to reduce stress. More Socializing: Withdrawal from social activity and society at large is a noticed behavioral change in people suffering from dementia.





Dog Therapy

The residents have been having a very special visitor recently! Winston, the Miniature Dachshund, has been coming in to work with his mum and he has taken a role in the Lifestyle Team. He went through a strict interview with Alastair.

Dogs can help reduce the effects of dementia—anxiety, agitation, irritability, depression, and loneliness. By their friendliness and non-threatening way, pets can help a dementia patient be more interactive, when sometimes they are not able to do so in social settings with other adults.

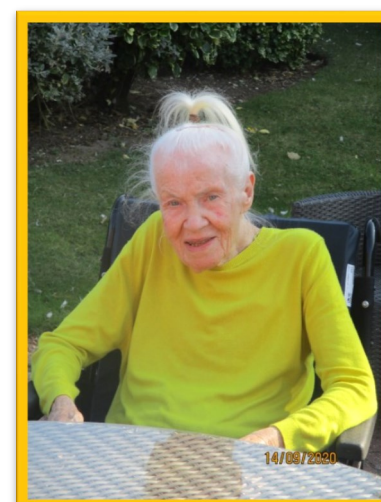
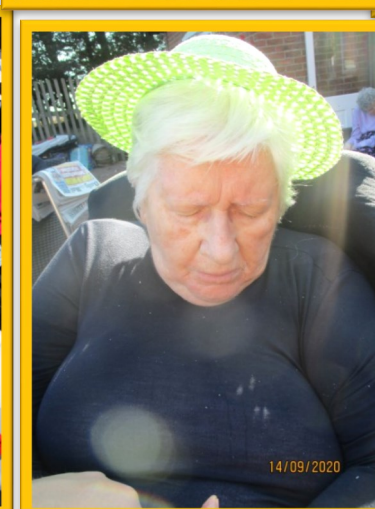
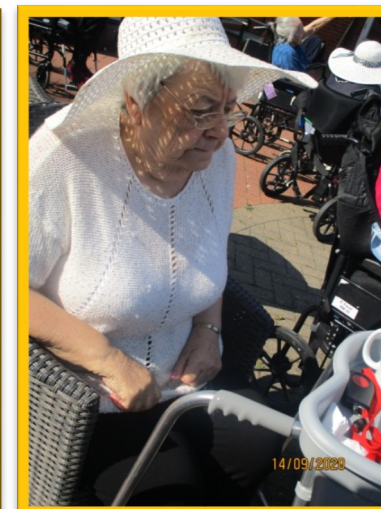


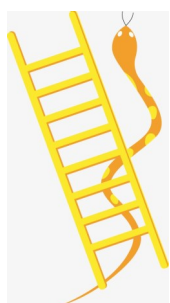


Winston couldn't stay awake for the paperwork, so his mum had to do it for him!

Hello SUNSHINE

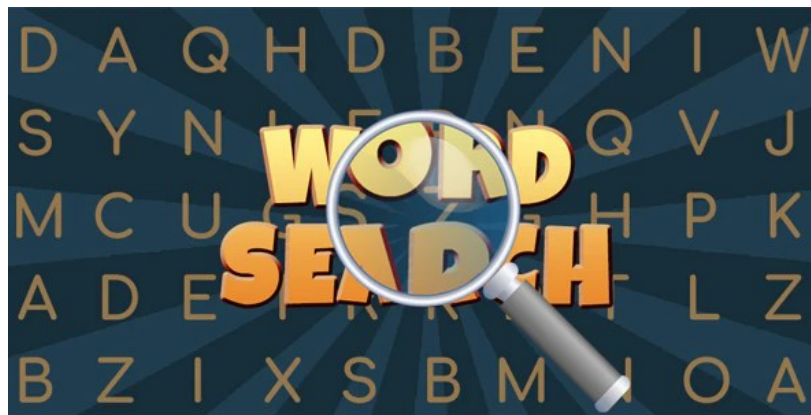
The residents made the most of the sunshine making a reappearance. People with dementia can have an out-of-sync circadian rhythm, but being outside in the sunlight, especially in the morning when the sun is at its brightest, can help improve their functioning, make them more alert, lower their risk of falls and reset their body's internal clock.





The activities team even took Snakes & Ladders and the parachute outside to play whilst enjoying the sunshine





M	X	S	K	I	T	T	L	E	S
B	J	T	K	I	J	R	H	T	T
Y	A	O	W	S	H	A	Y	U	T
Z	W	S	N	V	I	V	Q	H	Q
G	Q	Y	W	W	U	B	Q	C	Q
J	Z	B	T	I	H	G	A	A	Q
S	T	A	S	Z	N	A	Q	R	H
Z	K	L	B	L	M	S	F	A	N
R	G	L	T	M	O	U	T	P	G
B	O	O	E	Y	H	H	I	O	G
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I	J	N	U	K	K	T	E	A	I
G	X	T	G	R	T	F	X	X	G
Y	R	E	H	C	R	A	F	Q	N
R	J	N	H	S	A	R	F	T	A
T	B	N	C	N	U	C	M	F	R
G	W	I	L	E	D	D	O	E	R
W	N	S	U	N	X	N	N	A	A
D	H	R	D	U	J	A	C	V	R
I	L	X	G	K	Y	S	D	J	E
R	H	D	K	A	H	T	U	T	W
O	C	T	O	B	E	R	F	N	O
M	N	O	T	K	M	A	D	L	L
W	T	U	Y	F	T	I	G	F	F
K	I	M	F	X	L	G	G	Y	P
S	E	M	A	G	F	F	A	T	S

OCTOBER

STAFFGAMES

ARCHERY

FLOWERARRANGING

SKITTLES

BALLOONTENNIS

ARTSANDCRAFTS

WINSTON

SUN

PARACHUTE



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Together We Care

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We look forward to assisting you