

February

2019 Norwood News

Dear Relatives, Friends and Supporters,

January was, as usual, a very busy month for our residents with plenty going on at Norwood House.

We have been enjoying some afternoon and evening film sessions, with popcorn and cocktails. The lovely ladies from Creative Minds and Creative Mojo were also in doing lots of craft work with our residents. We have some wonderful displays around Norwood House, so look out for them on your next visit.



January also saw the Ipswich Hospital Band join us for a wonderful afternoon of entertainment. They will certainly be joining us again, so look out for the dates of their next visit.

Don't forget that the Alzheimer's Society (GB) page has the latest dementia news, blog posts, audio and visual updates to support families and anyone affected by Alzheimer's.



You can find them at: www.alzheimers.org.uk

Please remember to add our February dates to your diary so you can join us for some of our events. You may discover that you're a karaoke diva or find an inner creative side you never knew you had!



Regards and Best Wishes from,
All at Norwood House



County Care Homes

Best Dementia Care Home Finalists The National Dementia Care Awards 2011

Together We Care

February 2019

Diary Dates

- 1st February 19
10am Creative Mojo
- 4th February 19
2:30pm Geoff Jukes
- 6th February 19
10am Creative Minds
- 7th February 19
11am C of E Service
- 8th February 19
2:30pm Sharon Jarvis
- 9th February 19
2pm Karaoke & Cocktails
- 11th February 19
11am Brian Shaw
- 15th February 19
10am Creative Mojo
- 17th February 19
2pm Karaoke & Cocktails
- 19th February 19
10am Creative Mojo
2:30pm Sing As We Go
- 20th February 19
10am Creative Minds
- 25th February 19
2pm Mike Pritchard
- 26th February 19
3pm Charly Jolly
- 28th February 19
11am C of E Service

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

HAPPY BIRTHDAY

January saw Sheila, Neville and Pauline enjoying their birthdays with family and friends.



Pauline had an extra special birthday this year, and family, staff and friends celebrated this with her.



Our residents always enjoy visitors, particularly the four legged and furry variety.

Last year our visiting 'Pat Dog' Dominic retired, and we are currently looking for a regular replacement.

So just remember, if you are planning to visit us - don't forget to bring your well behaved 'four legged friend' if you have one!

Next time you are in, why not have a go at 'counting fish' - we have lots more these days!





The staff at Norwood House are always keen to increase their knowledge and understanding of Dementia, through additional training or by becoming a 'Dementia Friend'. Mack, from Housekeeping, is our Dementia Champion.



Having a member of the family with dementia poses unique challenges for relatives. Here at Norwood house we appreciate that though we are looking after your loved ones, we realise that family members also need support and comfort too.

Our Manager, Cathryn Weed, will once again be holding our 'Relative Meetings' for anyone to come in and chat with a cup of tea and slice of cake. Here are the dates for the rest of the year if you would like to join us:

Saturday 9th March - 4pm
Saturday 1st June - 12pm
Saturday 31st August - 12pm
Saturday 30th November - 12pm

Wednesday 24th April - 2pm
Wednesday 17th July - 2pm
Wednesday 16th October - 2pm

Don't forget to add these dates to your diary.



2018 Quiz How did YOU score with News Stories from last year?

1. Who beat Kevin Anderson at the 2018 Wimbledon mens tennis final? - [Novak Djokovic](#)
2. In April the 2018 Commonwealth Games were held in which Australian State? - [Queensland](#)
3. Eritrea and which country officially declared an end to their twenty-year conflict? - [Ethiopia](#)
4. The wedding of Prince Harry and Meghan Markle was held with an estimated global audience of how many? a) 730 Million b) 1.9 billion c) 3.1 billion - [b\) 1.9 billion](#)
5. Which country became the first major industrialised country to legalise cannabis for recreational use? - [Canada](#)
6. Greece and the Republic of Macedonia had a 27-year naming dispute between the countries, which was resolved in June and resulted in Macedonia being officially renamed what? - [Republic of North Macedonia](#)
7. In July which planet made its closest approach to earth since 2003? - [Mars](#)
8. The Hong Kong–Zhuhai–Macau Bridge was opened in October and gained which record? - [The world's longest sea crossing bridge](#)
9. Which country changed its constitution to remove time limits for its leaders thereby making the incumbent 'President for Life'? - [China](#)
10. One of the biggest selling UK albums of 2018 was 'Staying at Tamara's' by which singer songwriter? - [George Ezra](#)
11. In May a constitutional referendum was held on whether to repeal a ban on abortion in which country? - [Ireland](#)
12. The 2018 FIFA World Cup was the first world cup to use what system? - [Video Assistant Referee \(VAR\)](#)
13. The torch relay for the 2018 Winter Olympic games ended in South Korea, but in which country did it start its journey? - [Greece](#)
14. Which company became the world's first public company to achieve a market capitalisation of \$1 trillion - [Apple Inc.](#)
15. Journalist Jamal Khashoggi was murdered inside the Saudi consulate in Istanbul, but which American newspaper did he work for? - [Washington Post](#)
16. The most intense hurricane to hit the mainland United States since Camille in 1969 struck Florida in October. What name did they give to the hurricane? a) Katie b) Norman c) Michael - [c\) Michael](#)

Arts & Crafts

January saw Foteini, from Creative Mojo and Kerina from Creative Minds working once again with our residents on a number of Arts & Crafts projects.



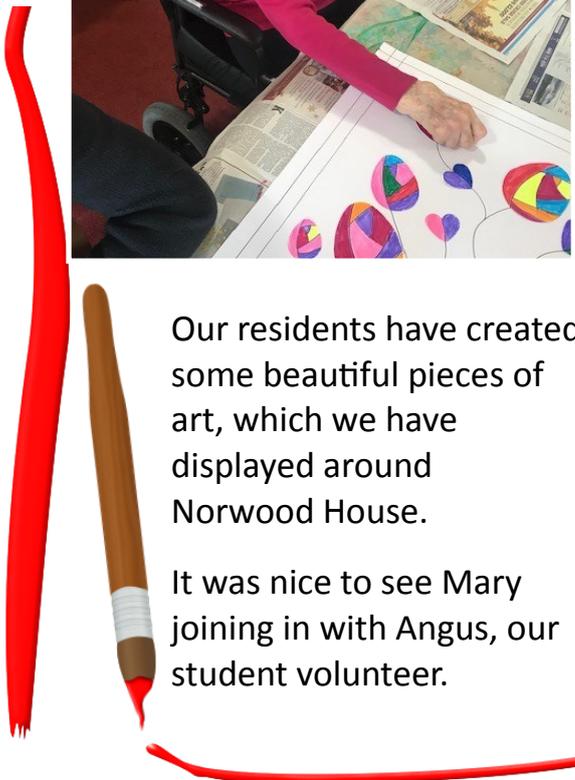


Not all our residents want to join in at the big craft table, so we always make sure they are able to work where they feel most comfortable.



Our residents have created some beautiful pieces of art, which we have displayed around Norwood House.

It was nice to see Mary joining in with Angus, our student volunteer.





Our Hairdresser, Kay, recently enjoyed a wonderful holiday in a much warmer climate than we are having at the moment.



Whilst away, other members of staff took time out of their normal busy day to ensure that our residents still enjoyed having their hair kept neat and tidy.

Nik, one of our Team Leaders, and Hayley, Head of Housekeeping, were just two of our 'stand in' Hairdressers.



Thankyou Ladies



Welcome back Kay, we can see you had a wonderful time.

Let's Sing Together

Once again our residents will be singing along with the numerous entertainers who regularly visit Norwood House.





Our diary is rapidly filling up with dates for performances by Geoff Jukes, Brian Shaw, Annika, Mike Pritchard, Sharon Jarvis, Charly Jolly and the ladies from Sing-As-You-Go.

Don't forget to put these dates in your diary - and join us.



We were delighted to have the **Ipswich Hospital Band**

join us in January for a wonderful afternoon of familiar songs and hymns.





Everyone had a wonderful time, and enjoyed warm sausage rolls, tea and cake after the performance.

We are hoping that the band will be joining us on a regular basis, and hopefully performing at our Annual Garden party.

Look out for the dates of their visits in the March issue of our Newsletter.



REMINDER

On nice days we often take some of our more able residents out for little walks in our local area, and we always like everyone to wrap up warm.

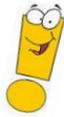


Each residents 'key worker' will be in touch with you on a monthly basis to let you know if your family member needs any additional clothing or other items that may make their stay here more comfortable.

However, when you next visit Norwood House, please feel free to ask a member of staff if there is anything your family member

SUDOKU Challenge -

Doing puzzles is one of the best ways to keep our brains active. Have a go at this - and look out next month for the answers.....



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



Pat and Dorothy recently enjoyed doing some 'flower arranging'. It was lovely to see their display in Reception.

Thank You Ladies

Movie Time

Our residents always enjoy watching a good movie (or documentary) with popcorn and a cocktail.



- Last month our residents enjoyed watching:
- Sound of Music*
 - Wizard of Oz*
 - Singing in the Rain*
 - Watership Down*
 - Brassed Off*
 - Dads Army*
 - Greatest Showman*



WANTED

DVD's

Our residents often enjoy having a Cinema afternoon or evening, and we are looking to expand our film collection.

If you have any unwanted DVD films, in good, playable condition, that you think our residents may enjoy, please drop them into Reception.

We are particularly looking for.....

- Musicals
- Classic Disney Films
- Carry On Films
- Classic Cowboy & War Films
- Dads Army
- Biblical Classics
- Any 1950's, 60's or 70's Classics

.....or any films with actors our residents would enjoy watching i.e.

- Doris Day
- Burt Lancaster
- Fred & Ginger
- etc. etc. etc.

Thanks for your support

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 print your name against one of the dates and times below. Should you require longer time then additional arrangements will be made at the first meeting.

The following dates and times are available.

27th February 2019

2.00pm _____
2.15pm _____
2.30pm _____
2.45pm _____
3.00pm _____
3.15pm _____

Reminder
Meetings are by Appointment Only

If you would like to book an appointment time - please see a member of the Reception staff

March 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".