

Norwood News



2019

Dear Family Members, Friends and Staff,

Once again July saw our residents enjoying plenty of activities and events; as well as lots of visits from our regular singers and entertainers.

All of us usually have music around us at some point during our day; either at home, work, in the car or out shopping, and most of the time we don't notice it.

However, to our residents music is a way for them to connect with their own memories and past. They are always encouraged to join in through singing along or by getting up and having a dance!



The *Women's Alzheimer's Movement*, in America, research alternative approaches and therapies to communicating with people living with Alzheimer's. They believe that music, dance and movement has been effective in stimulating social interaction, enhancing mood, reducing anxiety and depressive symptoms, increasing self-awareness and self-expression.

Here at Norwood House we all enjoy singing and dancing; from our morning 'Wake & Shake' sessions to karaoke and dancing with our entertainers. We believe that dance and movement can help improve our residents memory and cognitive functioning; as well as creating a sense of mindfulness. This non-verbal communication has become increasingly important as many dementias affect language, but through singing, dance and movement we are ALL interacting together.

Regards from;

All at Norwood House



County Care Homes

Best Dementia Care Home Finalists The National Dementia Care Awards 2011

Together We Care

August 2019

Diary Dates

- 1st August 19
Mr John - 2:30pm
- 2nd August 19
Creative Mojo - 10am
Sing-As-We-Go - 2:30pm
- 3rd August 19
MBA Drumming - 2:30pm
- 7th August 19
Creative Minds - 10am
Annika - 2pm
- 8th August 19
Dennis - Keyboards - 11am
- 9th August 19
Sharon Jarvis - 2:30pm
- 12th August 19
Brian Shaw - 11am
- 16th August 19
Creative Mojo - 10am
- **17th August 19
GARDEN PARTY
11am to 4pm**
- 18th August 19
Gwyn Pritchard - 2pm
- 20th August 19
Sing-As-We-Go - 2:30pm
- 21st August 19
Creative Minds - 10am
- 22nd August 19
Creative Mojo - 2pm
- 23rd August 19
Sharon Jarvis - 2:30pm
- 29th August 19
Church Service - 11am
- 30th August 19
Creative Mojo - 10am

Please join us for our events at:

**Norwood House
Littlemoor Road
Middleton
Saxmundham
Suffolk
IP17 3JZ**

**Tel: 01728 668600
Fax: 01728 667044**

**Email:
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www.countycarehomes.co.uk**

HAPPY BIRTHDAY

To all our residents who had a Birthday in

JULY



July was a busy month for our Chef's and the Activities Team as several of our residents celebrated their birthdays. It was lovely to share in each of their special days with some spent with their families and friends.



Mary was 99!



We are certainly looking forward to celebrating with her next year.



Many Happy Returns to Frances, Paul, Mary, Margaret D, John L, Joyce and Keith.

Staff Wake & Shake



Not only do our residents enjoy a session of 'Wake & Shake' - our staff also enjoy having a go! There is no shortage of staff volunteers to get together in our main lounge with residents and have a go. Everyone clearly enjoys the music and putting themselves through some exercise routines.



We are always being reminded, by various forms of social media, that throughout our lives diet and exercise are some of the a key factors to staying fit and enjoying a healthy lifestyle. Here at Norwood House we always try to encourage as many residents as possible to take part in the Wake & Shake sessions - even if they are just moving to the music!



Classic Car Day

John, our Head of Activities, organised a visit from *Suffolk Vehicle Enthusiasts* in July so that our residents could see the cars and chat to the drivers. Each of them gave up their spare time to come and join us. They were so delighted to be here that we hope to make it an annual event.

All the cars made an impressive line up in our car park, and some of our residents enjoyed getting out to look at them and meet their owners.



Visiting cars included: an Alvis, E-Type Jaguar, 2CV, Humber, Soft Top Mercedes and a Rover, plus many others - which ones can you name? Their visit certainly got our residents talking about and remembering cars they had owned in the past.



Everyone enjoyed a lovely afternoon tea, and one of the cars had an old fashioned gramophone in the boot! Our residents certainly enjoyed listening to some old 78's!



Pigeon Post

Phil, one of our Team Leaders, is a keen Racing Pigeon enthusiast. He currently has around 300 birds for either racing or breeding stock. Some he races from France and Barcelona - a distance of 745 miles in a straight line, and all have 5 days to return.



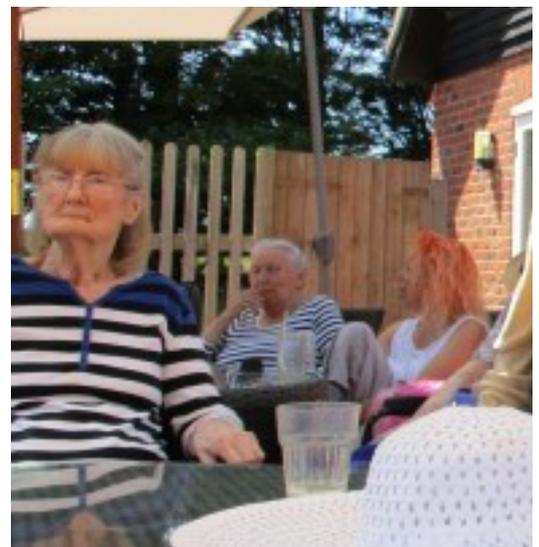
He starts to train the birds from about 4 to 5 weeks old, and for some of his new birds first flight out brought them to Norwood House to release them with our residents.



Phil was happy to report that all made it back safe and sound.



Despite being out of their cage in seconds, some of our residents still enjoyed sitting in the sunshine to watch them take their initial flight.





KARAOKE

As is the way at Norwood House; just because you have one job does not mean you can't have a go at another! Paula was recently providing afternoon refreshments for residents and visitors when she was seconded in to do some Karaoke and dancing.....



The karaoke is always a favourite, and staff as well as residents enjoy singing. Amelia is a regular on the microphone and always loves any entertainment where music is involved.



Sing! Who me

Let's Sing Together



Rock 'n' Roll



60s 70s

4th of JULY

Our Chef's often cook some amazing 'themed' meals; so last month they produced a wonderful 'American Independence Day' dinner and tea.

From making the food - to prepping the tables, Amanda and her team worked really hard to ensure that our residents enjoyed something special.



Thank You also to all our residents and the Activities Team for making the bunting and table decorations.; our dining room looked great.



Couture Hair!

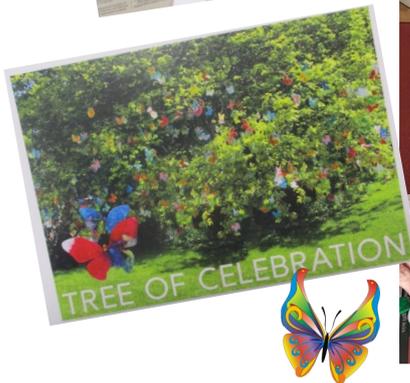
The ladies of Norwood House like to regularly visit our Hairdresser, Kay, who thoroughly enjoys giving them some extra special styles.





Let's Paint Together....

Our residents always enjoy the weekly sessions with Kerina from Creative Minds and Foteini from Creative Mojo. Next time you are visiting, why not have a look at the wonderful pieces of artwork they have been producing.



We were delighted to recently receive a certificate for all the butterflies our residents had made in support of the National Trusts' National Care Home Open Day. Postcards were also made to support the charity, and can be purchased from their website.



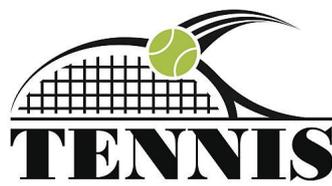


Some of our residents find the effects of sitting to paint in a group quite calming; whilst others enjoy working with our Activities Team on a 1 to 1 basis..



Whenever Creative Minds are at Norwood House, Lola is never very far from our residents. She just loves all that attention!





Anyone for.....

TENNIS



To get everyone in the mood for Wimbledon the Activities Team decided to take on the residents in our main lounge! As quite a number of the them wanted to take part, two teams were formed with John captaining one side, and Andra the other.



A great time was enjoyed by all, and the cheers and laughter could be heard in Reception. As it was difficult to keep an accurate, and un-biased, score the umpire had to decide which side won!

Well done Andras' Team....



Not everyone wanted to play, so Paul opted to help fill up our many Bird Feeders instead; great job - thanks Paul.



 and if the music is good, you dance



Why not add our entertainers visits dates to your calendar, for August, and join us for some wonderful singing.

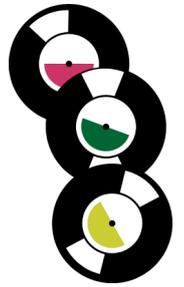


THE 60s



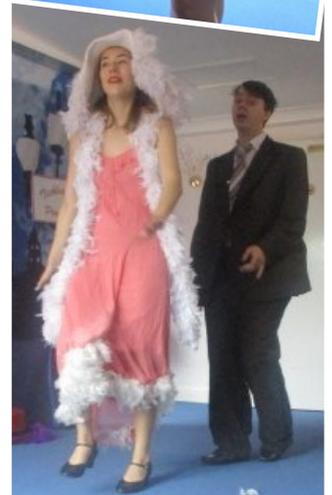
Sharon Jarvis always encourages our residents to talk about the songs they are singing and move to the music; and all the ladies

love to hear the 'Elvis' songs sung by Barry Tone. The ladies from Sing-As-W-Go are always a favourite with our residents who often get in on their act!



tickled Pink

Amelia and Mary were delighted to be in on the closing act of the recent 'Tickled Pink' production.





As the Weather got warmer we were all delighted to have the 'ice cream van' once again visit Norwood House. Some of our residents enjoyed queuing for their own ice creams, and for those that couldn't make it out to the van, staff ensured that they had one.



On days when the ice cream van doesn't visit, Tammy always enjoys making sure everyone still enjoys a treat.

Look out for the Ice Cream Van at our open day on the 17th August 19





Please visit us anytime and don't forget to put this date in your diary:

17th August 2019
GARDEN PARTY
11am to 4pm



Raffle Tickets are now on sale from the Activities Team, and if you would like to donate a Raffle Prize - Please leave it with Reception

**Thank You for your
Continuing Support**



County Care Homes

Best Dementia Care Home Finalists The National Dementia Care Awards 2011

Together We Care

NORWOOD HOUSE CONTACT DETAILS:

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