

2019



Dear Family Members,
Friends and Staff,

Everyone at Norwood House would like to wish you all a very Happy Easter, and we hope that you have all been able to enjoy some of the nice weather we have had recently.



Last month our residents enjoyed having a number of entertainers come in to Norwood House to sing to them; including Brian Shaw, Geoff Jukes, Sharon Jarvis, Mr Bean (with his Magic Show) and the lovely ladies from Sing-As-We-Go who performed a medley of songs everyone knew.



We were also delighted to have back the Ipswich Hospital Band, who will also be performing at our **Summer Garden Party on 17th August 2019** (from 12pm). ***Make sure you put this date in you diary.***

Please also remember that we are still collecting your 'Crisp Packets' for recycling. Once we have 2kg we will be able to send them off to add them to the 500,000 already returned! Don't forget to bring them in when you are next visiting us.



Wishing you all the very best for a happy, enjoyable and hopefully warm April 2019.

Regards from;
All at Norwood House



County Care Homes

Best Dementia Care Home Finalists The National Dementia Care Awards 2011

Together We Care

April 2019 Diary Dates

- 1st April 19
2pm Geoff Jukes
- 3rd April 19
10am Creative Minds
- 4th April 19
2pm Annika
- 5th April 19
2:30pm Sharon Jarvis
- 9th April 19
2:30pm Sing-As-We-Go
- 12th April 19
10am Creative Mojo
- 15th April 19
11am Brian Shaw
- 20th April 19
Sing-As-We-Go
2pm
- 24th April 19
10am Creative Minds
2:30pm Somethin Else'
- 25th April 19
11am Church Service
- 26th April 19
10am Creative Mojo

*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



February was a month for some of our gentleman residents to enjoy their birthday celebrations, and March was a month for some of our ladies to celebrate their birthdays.

Rita, Ruth, Pauline F and Rosemary all enjoyed sharing their birthday celebrations with family members, friends and staff in March.



All our ladies enjoyed celebrating their birthdays and Ruth certainly enjoyed opening her wonderful gifts; as well as sharing afternoon tea and a glass of Bucks Fizz with her family.

Mary also enjoyed celebrating Ruth's birthday with her.





Spring is in the Air



Our residents have been creating some lovely banners recently with Foteini from Creative Mojo. Mary needed a little help from John to get started, but was soon doing the leaves on her own. Everyone did a wonderful job and they look really great.





Do You Remember This Event.....



Alzheimer and Dementia studies have highlighted that re-watching old football matches helps dementia and mental health. The power of sport can stimulate emotion which can be revived many years after the event.

Emotional memory, which is one of two main types of memory in the human brain, can be more powerful than memory for personal events.; so for people in later life reliving exciting or tense moments can stimulate memories,

potentially strengthening brain activity.

There is a positive link between watching classic football matches and keeping the mind active. For people in old age and dealing with dementia, re-watching sports matches can rekindle past memories, connect people with their past and keep the brain active.

So, following on from our request last month for old movie DVD's, if you have any old famous sporting event DVD's that you are looking to 'clear out', please just drop them in to Reception.



Our residents always enjoy doing things as a group; whether it's Arts & Crafts or singing along with the various entertainers who come in to Norwood House. However, sometimes it's nice to have a bit of 1 to 1 time with members of our staff.

Iris recently enjoyed some 'piano' lessons from Tammy, our newest recruit to Activities. John enjoyed a walk in the sunshine with Mihaela, one of our Team Leaders, and some of residents enjoyed receiving a certificate for some of their artwork or just being great and having a 'go'.



Sharon, one of our regular Agency Support Workers recently brought her two dogs in to meet the residents. Sandy is a very old lady, and always loves the attention of others and Sox, a rescue Greyhound has an amazingly quiet nature and also loves to be petted. Both residents and staff enjoyed seeing the dogs around the home.



Nic, one of our Team Leaders also brought in her new puppy 'Tilly' who was



remarkably well behaved. All the residents enjoyed making a fuss of her, and she, of course, loved the attention!



Magic Hour

Residents and staff were delighted to welcome back Mr Bean last month when he came to perform his Magic Show for everyone.



Norman's wife made a delightful 'Magicians Assistant', though she was relieved not to be sawn in half!



let Your Heart Sing



Here are just a few of the lovely comments from our residents, visitors and friends who enjoy our Musical Entertainers:

"Marvelous Singing"
- Daphne

"Wonderful to see everyone enjoying themselves"
- Visitor

"It's so nice to hear the old songs"
- Pat

"Music brings back so many memories for everyone"
- Visitor







Our Musical Entertainers also have some lovely comments:



"It's great how Mary always loves to dance!"
- Michelle & Justine
(Sing-As-W-Go)



"I love it here - your residents are always so happy"
- Brian Shaw



"It's good to be back - your residents are amazing"
- Annika



It has been wonderful to recently see some of the residents who would not normally get involved in activities 'having a go'!

Keith, Carol and Rosemary have all enjoyed joining the others in doing various pieces of artwork.



John, one of our Activities Co-ordinators, has been putting his creative talents to good use and making some tissue paper flowers with residents for table decorations.

Unfortunately for the Dining Room, some of our ladies took a shine to them, so they have been moved to other locations - their bedrooms!



A **BIG Thank You** to everyone, including local residents, who have been bringing in their 'crisp packets' to help fill our recycle box; which is one of 8,500 across the UK.

More than half a million bags have been recycled so far in the last three months, and once we have about 2kg we will be able to send off ours to be made into something useful.



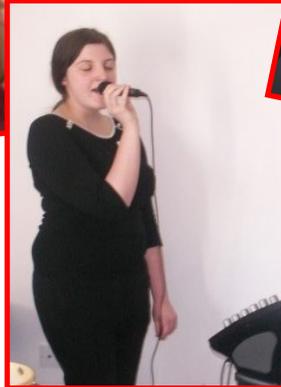
Remember; any packet made from a fusion of plastics and aluminium (like crisp packets) will **NEVER** break down in landfill sites, so recycling is the only way to dispose of them effectively.

Please support us - Thank You

Note: Popcorn bags and Meat product bags ARE NOT SUITABLE to recycle.

KARAOKE

Last month our Karaoke machine was certainly put to good use on a number of occasions. John and Tammy from Activities were joined by various members of staff including: Cathryn - our Manager, Phil - one of our Team Leaders, Amanda - our Head Chef and Bev from the Dining Room. All took turns either singing or having a go at percussion and backing singing.



Tammy did a grand job considering most of the songs she was singing were more than 20 years older than her!



Everyone did really well - but I think some of our residents thought more practice was definitely needed by some members of staff!



Remember the Days!



John, from Activities, is an ex Motorbike Riding Instructor, and knowing Paul's love of bikes took great delight in showing off his bike to Paul. John is one of a number of members of staff who bike to work, and enjoy being out on them in the nice weather.

Upcoming Events:

Here at Norwood House we are always looking to raise funds for various projects. We are currently saving to have something extra in our garden such as a water feature or gazebo. This year we are looking to add to the money raised at last year's Summer Garden Party and Christmas Raffle.

Margie Saker, who's husband Percy was one of our residents last year, organises an Annual Coffee Morning & Table Top Sale in Yoxford Village Hall to help raise money for various local Charities. This year there will be a table for **Norwood House**, and all the proceeds raised from the sale of items on the table will come to us.



13th April 2019
11am-2pm

If you have any GOOD quality items, i.e. Books, Bric-a-Brac, Raffle type items etc. which we could sell to help raise money, please drop them in to the Activities Team - BEFORE 11th April 19.

Our residents and members of the Activities Team have been busy making things which will be on sale on the day.

Why not visit the event and help support us and other local charities.

If you would like a stall - call Margie on 01728 668581

County Care Homes Ltd.

DIRECTORS ANNOUNCEMENT

A Change in the Office.

We wish to announce our General Manager, Cathryn Weed, will be leaving Norwood House on the 18th April. We recognise the changes Cathryn has made whilst she has been with us and hope you will all join us in wishing Cathryn all the best for the future.

We are delighted to confirm the appointment of Tom Horrex who will be taking over from Cathryn on Monday the 8th April. Tom is very able, enthusiastic and passionate in his wish to deliver the very best care for all our resident guests. We know Tom is keen to meet with all residents' families and to take on board any comments. Please take an opportunity to meet with Tom when you next visit.

Gareth and Enid Nixon-Moss

