

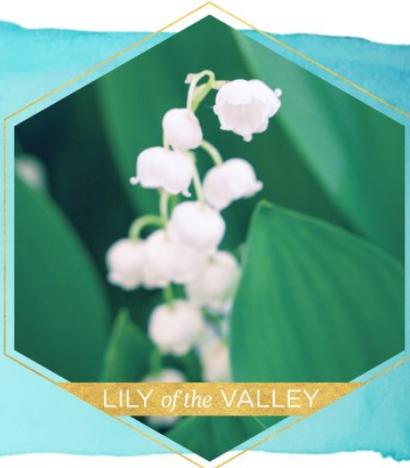


# Norwood News -

may

BIRTH FLOWER

motherhood  
chastity  
purity  
sweetness



LILY of the VALLEY

may

BIRTHSTONE

- ◆ Symbolizes rebirth
- ◆ Romans dedicated emeralds to the goddess Venus due to its association with fertility
- ◆ Color can range from light to deep, rich green



EMERALD

KidloLand

## May Baby

May babies have tons of motivation and a quick intellect to get any job done.

They are generally attractive both physically and mentally and attract strong partners. These restless babies love travelling, they take part in the arts and get involved in groups where their skills can be appreciated by others.

[www.kidloland.com](http://www.kidloland.com)

Download KidloLand, the fun educational app for kids.

Norwood House  
Littlemoor Road  
Middleton  
Saxmundham  
Suffolk  
IP17 3JZ



County Care Homes

Best Dementia Care Home Finalists The National Dementia Care Awards 2011

Together We Care

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We understand how difficult it must be for you all not being able to come in and visit the residents at the moment, please be assured that we are doing our best to keep them busy. Below is a sneak peak at typical week here at Norwood House!

Norwood House Weekly Activities Week Commencing 27<sup>th</sup> April 2020

			TODAY SPECIAL DAY ★
<b>Mon 27th</b>	WAKE AND SHAKE – 10.30AM Target Practice with Emma Gents 1-1 with Valda & Emma	14:30 Butterfly with all teams <b>Bingo</b> with Valda and Emma Movie afternoon 	Christina H David Ba Special Time 14.30 Main Lounge
<b>Tues 28th</b>	WAKE AND SHAKE – 10.30AM Seated Exercise Class with Valda & Kara Gents 1-1 with Emma Ladies Nail Care and pampering with Jenna	14:30 Butterfly with all teams Carpet Bowls with Emma and Valda Gents 1-1 with Kara Ladies Nail Care and pampering with Jenna	Joyce F Special Time 14.30 Main Lounge
<b>Wed 29th</b>	WAKE AND SHAKE – 10.30AM Arts and Crafts with Emma "Flower arranging" Gentleman's Nail Care & Pampering Morning with Jenna Ladies 1-1 with Valda	14:30 Butterfly with all teams Curling with Emma & Kara Gentleman's Nail Care & Pampering Afternoon with Jenna Ladies 1-1 with Valda	David Bi Frank M Resident of the Day Special Time 14.30 Main Lounge
<b>Thurs 30th</b>	WAKE AND SHAKE – 10.30 Seated Exercise Class with Valda & Emma Ladies Nail Care and pampering with Jenna	14:30 Butterfly with all teams "Skittles with Valda & Emma" Ladies Nail Care and pampering with Jenna	Athena M Resident of the Day Special Time 14.30 Main Lounge
<b>Fri 1<sup>st</sup> May</b>	WAKE AND SHAKE – 10.30AM Ball games with Kara and Jenna 1-1 with Jenna & Kara	14:30 Butterfly with all teams Parachute game with Jenna and Kara 1-1 with Jenna & Kara	David Bi Ruth T Resident of the Day Special Time 14.30 Main Lounge
<b>Sat 2nd</b>	WAKE AND SHAKE – 10.30AM Seated Exercise Class with Valda & Emma	14:30 Butterfly with all teams Sing a Long with Valda and Emma	Jan M Trevor B Resident of the Day Special Time 14.30 Main Lounge
<b>Sun 3rd</b>	WAKE AND SHAKE – 10.30AM Morning Service with Emma & Valda	14:30 Butterfly with all teams Curling with Valda & Emma Movie afternoon 	Margaret H Amelia Y Resident of the Day Special Time 14.30 Main Lounge

## New Faces at Norwood House



**Alastair (General Manager)**



**Valda (Head of Hospitality & Lifestyle)**

It is with much pleasure and excitement that I take up the post of General Manager at Norwood House.

I do hope that you are all keeping yourselves safe during these extraordinary times, and we look forward to meeting you all very soon.

I have moved across from our sister home, St. Peter's House in Bury St. Edmunds, having been in post there since January 2017.

Following successful careers in the military and the oil and petrochemical industry, I realise that I am now where I belong, where my passion for caring for vulnerable people who are living with dementia can be realised.

I started my "new" career in care following many years looking after my first wife who developed Multiple Sclerosis at the age of 28 following the birth of our second child.

On the recommendation of a good friend, Valda, I started out as a support worker at The Hope Residential and Nursing Care Home in Cambridge, where she "taught me all I know" and I soon found that this was what I was destined to do and have been passionate about looking after others ever since.

I moved to The Brain Injury Rehabilitation Trust (BIRT) in Ely as a Team Leader and then into management on the recommendation of my superiors.

My first post was at The Hollies Residential Home in Cambridge, and following a spell in management in a nursing home environment, I realised that residential dementia care was my real passion.

I was fortunate enough to be offered the opportunity to join Gareth and Enid at St. Peter's House as their General Manager.

Having gained an Outstanding CQC rating 9 months into my new role, wonderfully assisted by an incredible team and the unwavering support from The Directors, I am now happy to find myself at Norwood House and will do all that I can to bring this expected standard to your loved ones home.

However I do not come to Norwood House alone..... I have baggage!!!

I have brought Valda with me, who has many years of experience in the care industry and the last 8 as activities coordinator to a standard recognised by CQC in more than one report over the years.

She will be heading up the Hospitality and Lifestyle team and, as you can see from the newsletter, has wasted no time whatsoever in getting the residents taking part in all manner of new and exciting activities.

I do hope you can all rest assured your loved ones are in safe hands I am always available for a chat.

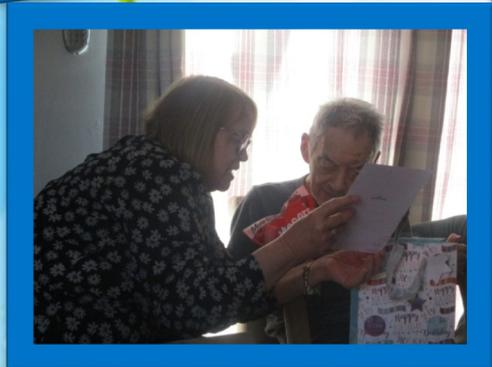
Please keep safe and hopefully we will all see you very soon.

**Alastair**

# Barbara's Birthday Party!



# David B's Birthday Party



# Margaret's 90th Birthday Party





# SNAKES & LADDERS



The residents enjoyed a classic fun fair game, June and Neville were very good at knocking all the tins down.



They also enjoyed a bit of friendly competition playing Skittles, Neville was the winner!



**The residents  
have been singing  
and dancing their  
way through the  
month**





The residents made paper planes in the morning, then went out to test how well they fly outside in the sunshine!

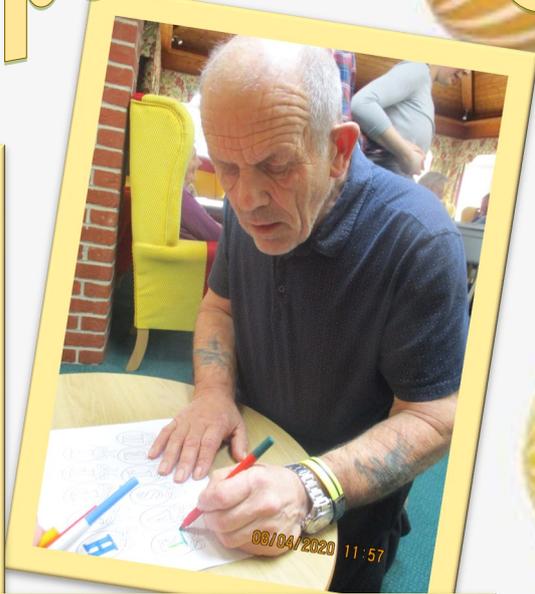








# Easter Preparations

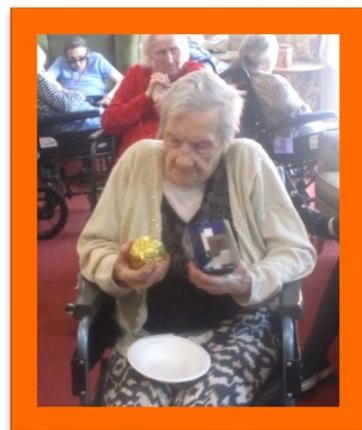
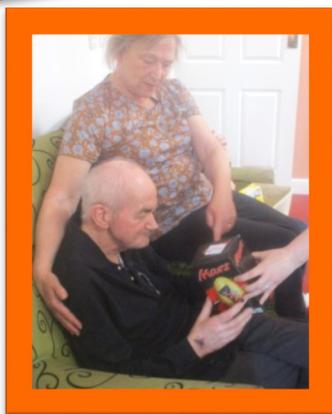


NO 0001 Raffle

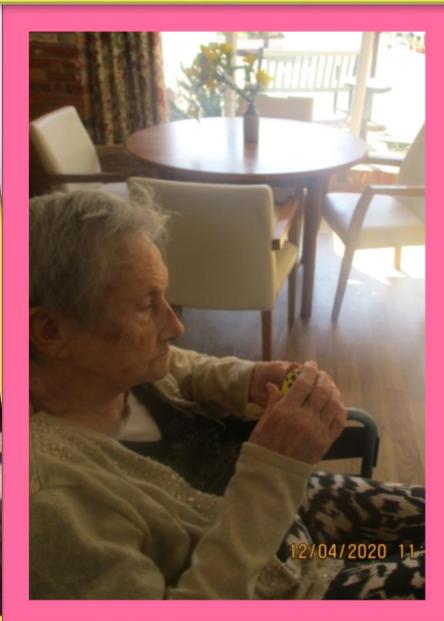
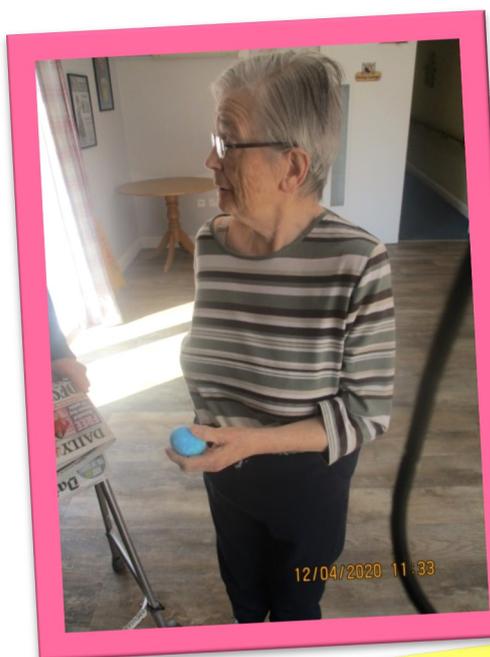
# Easter Egg

NO 0001 Raffle

# Raffle



# EASTER EGG HUNT!

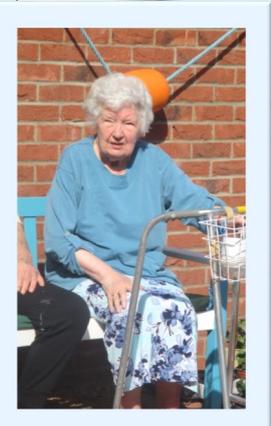


# Happy Easter





The residents were out enjoying the sunshine at every opportunity





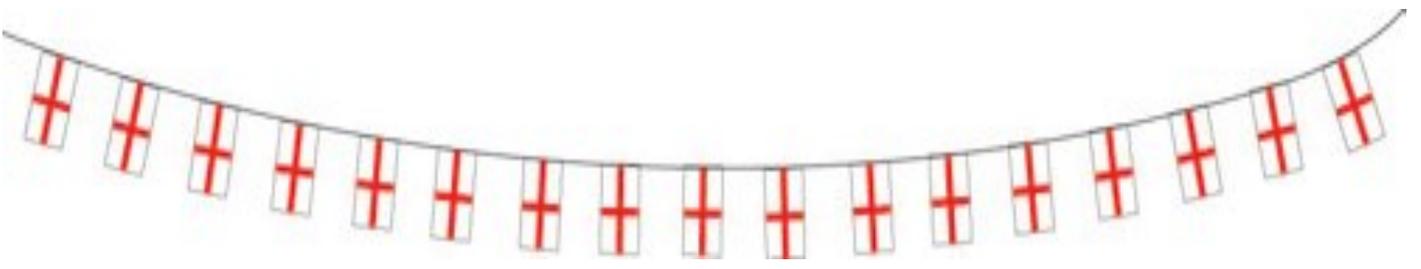
# St. George's DAY

The residents made some St George's Day decorations for the home ready for our celebrations!



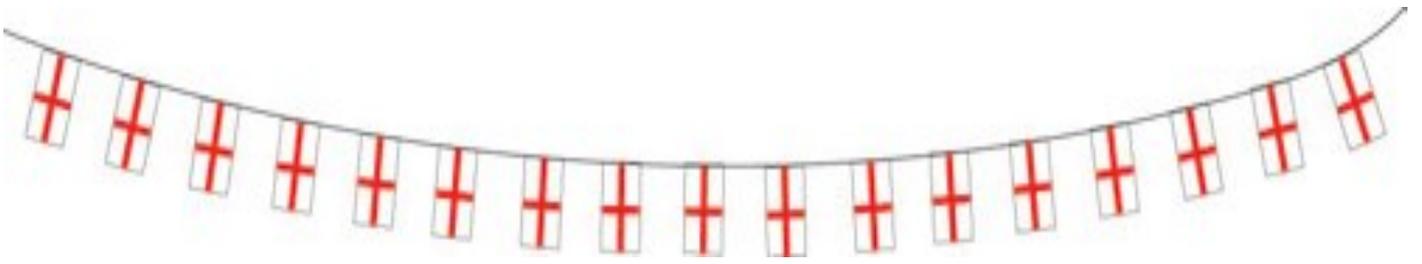
The kitchen made a special cupcakes for the residents and staff - they were delicious!





The residents spent the afternoon in the sunshine, playing with the parachute and having an ice lolly!





The residents enjoyed a Special  
St George's Day High Tea!





**The residents have been doing a bit of gardening, their plants are going to be labelled so they are able to proudly watch them grow!**





**County Care Homes**

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*Together We Care*

## Contact Details

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**We look forward to assisting you**