



November

Norwood News -



Chrysanthemum

**NOVEMBER
BIRTH FLOWER**

Friendship
Joy
Happiness

November

easily approachable
full of brilliant ideas
adventurous
determined
inquisitive
generous
courageous
forward thinking
honest and trustworthy
good-humored and playful

November
**TOPAZ
&
CITRINE**



Consistency, success
and wealth.

Ancient Greeks thought Topaz could render the wearer invisible, making it an excellent gem for spies and thieves.



Travellers in the Middle Ages would wear Citrine to protect against venomous snakes.



Only Russian royalty was allowed to own Imperial Topaz mined in the Ural Mountains, hence its name.



Place a Citrine in the far left corner of your home to attract wealth and abundance.

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

01728 668600

norwood@countycarehomes.co.uk

www.countycarehomes.co.uk



County Care Homes

Best Dementia Care Home Finalists The National Dementia Care Awards 2011

Together We Care

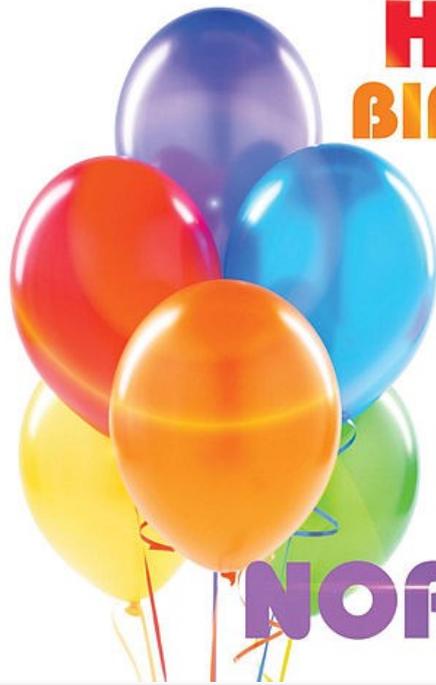
VISIT UPDATE

Our Maintenance Man, Simon has been busy creating a safe visiting area. The Porch has been adapted to allow visits inside away from other residents and staff.

As before, the visiting hours are restricted to enable us to make sure each resident is able to have a visit.

If you would like to book a visit slot, please call reception.





**HAPPY
BIRTHDAY**

NORMAN

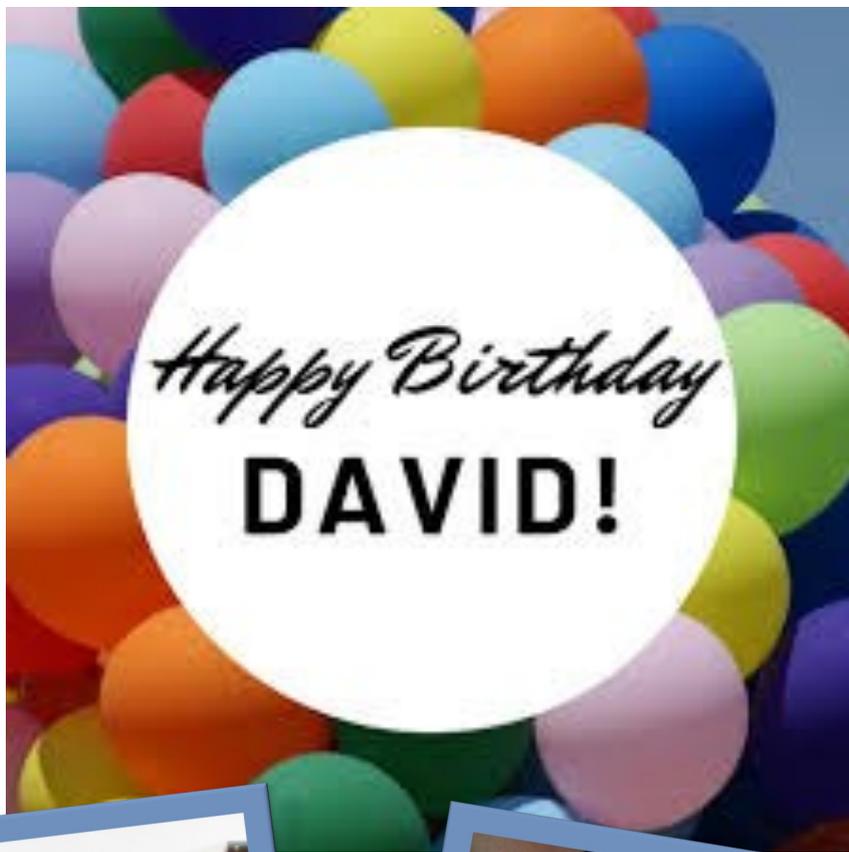


**Norman decided to
celebrate his birthday in
his room for the day, so the
staff took his cake and
presents to him.**

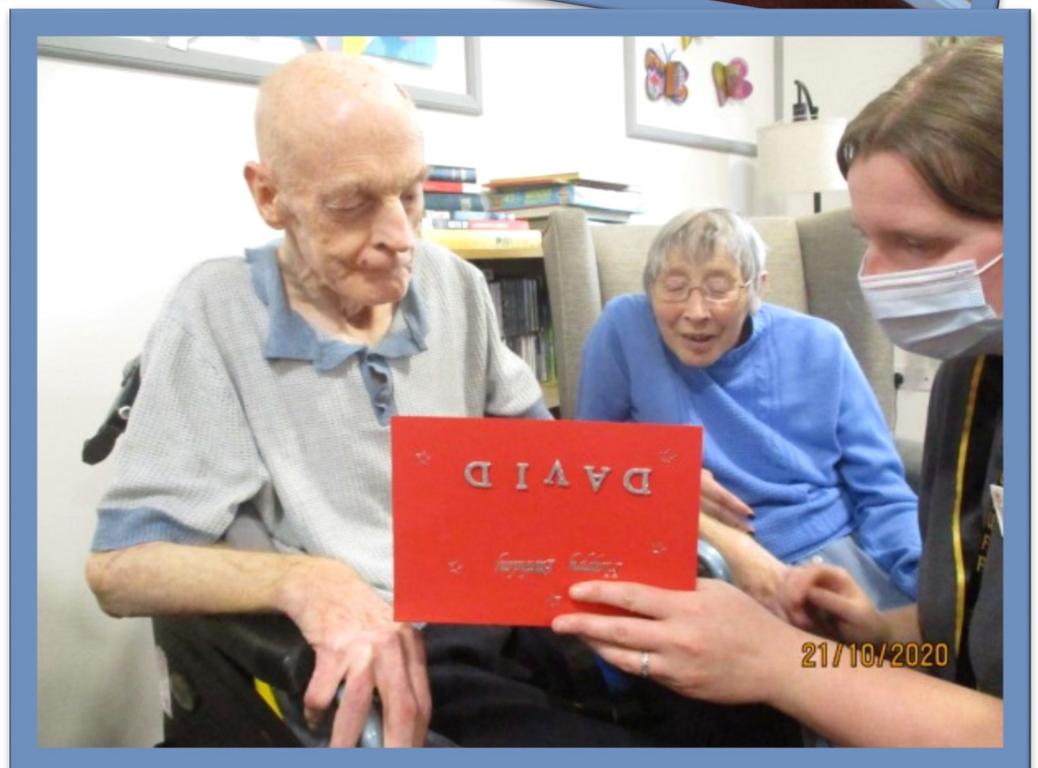




Amelia wanted a quiet birthday and opened her presents with just a couple of the staff around her.



**David
celebrated
his birthday
with his
wife
Christine
by his side.**





Angela was lucky enough to celebrate her birthday with all of her colleagues! The kitchen even made her a special Birthday Cupcake!



Casey did his best impression of sleeping beauty on the new sofa in the dining room! As a Residential Dementia Care Home, we pride ourselves on the residents feeling comfortable and at home at all times.



**Sheila
and Kara
had a
little
dance
session
together.**

Balloon Tennis

A few of the residents enjoyed a game of Balloon Tennis. Activities like balloon tennis can lessen anxiety and make people living with Dementia feel more engaged with life. Even residents who can not participate in the game physically, can enjoy watching the game, following the balloon with their eyes. Participation can help foster connections between residents and between staff and residents.





Ball games such as indoor carpet bowls or skittles can help to interact with a dementia patient, as well as providing distraction from low mood or agitation – common symptoms of the condition.



01/10/2020



01/10/2020



01/10/2020



01/10/2020



01/10/2020



01/10/2020



13/10/2020 14:19



01/10/2020



01/10/2020

Athena & Terry joined in with the staff dancing, they both loved dancing the Macarena. There is a transformation in our residents who participate in dance movement therapy. Someone who started a session hunched over ends up swaying to a beat. A resident who was lethargic begins tapping their toes. Suddenly, they're fully engaged, expressing themselves emotionally through movement.



Party Time



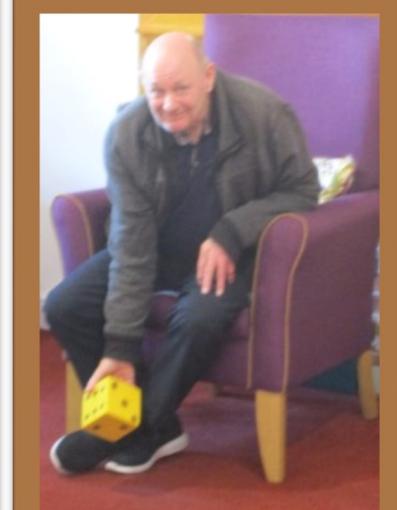
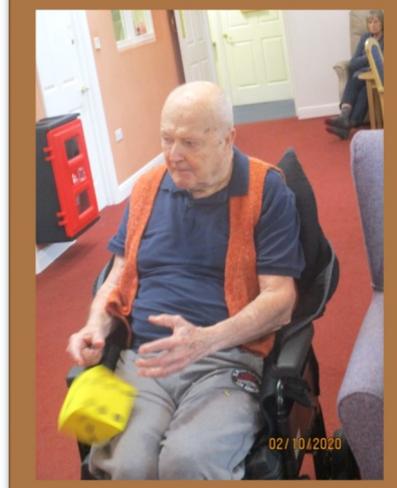
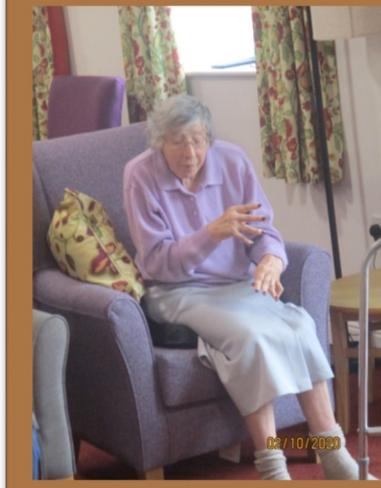
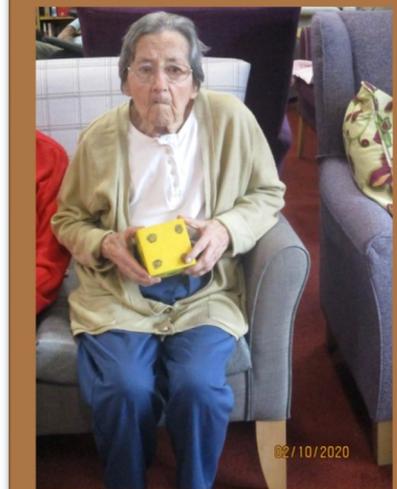
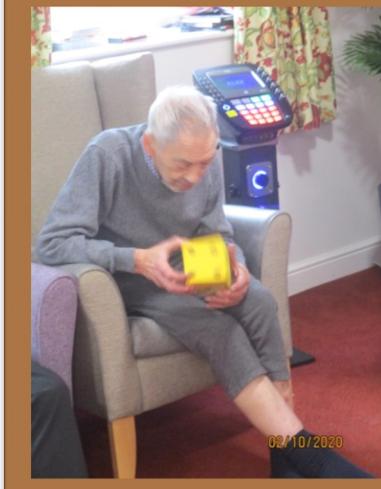
Musical BINGO

Bingo is a good activity for Dementia, it can help to improve cognition and can help stimulate memory and thought processes for patients in varying stages of memory loss.





The residents often enjoy a game of Curling in the dining room in the afternoon. Curling is a great form of exercise for the residents bodies and minds.



An old favourite from childhood and so universal that the rules will be familiar, Snakes and Ladders is an ideal board game for dementia patients on many different levels.

Halloween at Norwood House

The staff and residents all made the effort to dress up for Halloween...



In the morning the residents painted their pumpkins...



the Kitchen made us some spooky treats to enjoy!



Then the Pumpkin Carving Competition took place!



...and the winner is...



The Pumpkins went on show at the front of Norwood House!



County Care Homes

Best Dementia Care Home Finalists The National Dementia Care Awards 2011

Together We Care

Contact Details

Alastair Rayner

General Manager

Abi Pipes

Deputy Manager

Norwood House

Littlemoor Road

Middleton

Saxmundham

Suffolk

IP17 3JZ

Tel: 01728 668600

Email: norwood@countycarehomes.co.uk

We look forward to assisting you