

# September

Norwood House  
Littlemoor Road  
Middleton Moor  
Saxmundham  
IP17 3JZ

01728 668600

[norwood@countycarehomes.co.uk](mailto:norwood@countycarehomes.co.uk)

[www.countycarehomes.co.uk](http://www.countycarehomes.co.uk)



**County Care Homes**

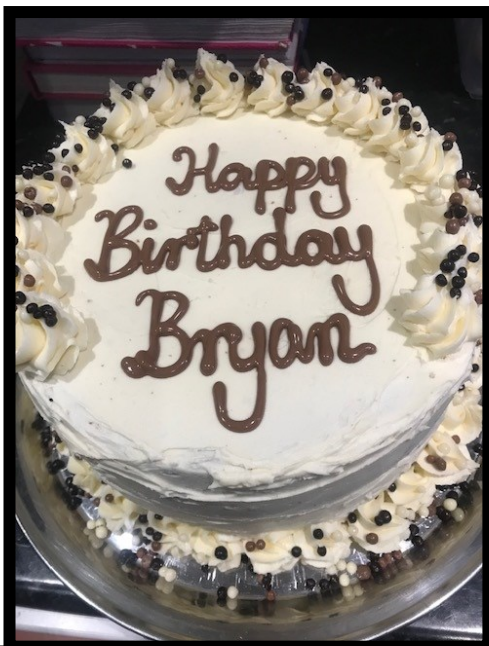
Best Dementia Care Home Finalists The National Dementia Care Awards 2011

*Together We Care*





# Happy Birthday Bryan!



We would like to say  
“Happy Birthday” to one of  
our newest residents here  
at Norwood House.

Bryan loved his cake that  
the kitchen made him and  
was completely shocked  
when it was brought out.

We hope you had a lovely  
day Bryan!



# Happy Birthday

## David!



We would like to wish David a “Happy Birthday” this month. David enjoyed a visit and presents from his family. He also spent the afternoon being entertained by our musical visitor who sung him Happy Birthday!

# Happy Birthday Casey!



Casey had a great time celebrating his birthday this year. He enjoyed visits from his family the day before and for his birthday afternoon, he enjoyed a music afternoon with our visitor who finished by singing him “Happy Birthday”.

# Happy Birthday

## Rose!



Rose celebrated her birthday this year by having loads of visits out with her family. This is something Rose loves to do so this made her birthday extra special!

She even had her favourite cup of tea when everyone sang her "Happy Birthday"!

We hope you had a wonderful day Rose!



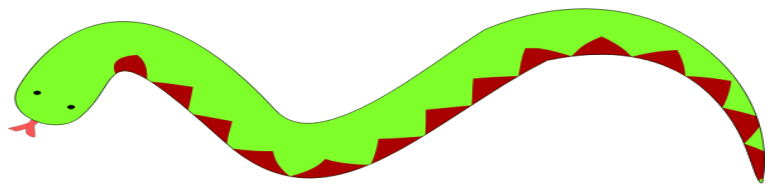
# Board Games



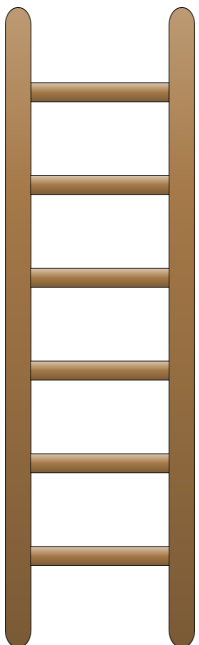
The residents loved their morning playing board games such as Snakes and Ladders and Dominos, they had lots of fun throwing the big dice!

Board games are an excellent activity for dementia sufferers to do as it boosts and supports cognition and memory. It also allows focus for an individual.





# Snakes and Ladders



**Our residents had such a fun time playing Snakes and Ladders. Here's Colin thinking about his next tactical move.**

**This is a brilliant game to play with dementia sufferers as it stimulates memories of family, the past and childhood.**

# Arts and Crafts

Arts and crafts has a lot of benefits for dementia sufferers. Here is a few of them:

- More Socialising
- Stablises Emotions
- Stimulates Senses
- Increased Creativity
- Greater Recall
- Better Mood

And most importantly.....

The residents love it!!!







The residents were keen to show off their art work so we now have these on display in the Resident's Lounge.



# Skittles



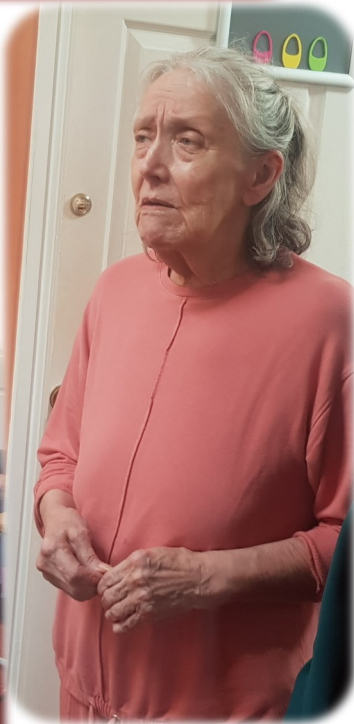
The residents had a ball playing skittles, it got very competitive!

This is a great activity to do as a group and get everyone to join in.

Ball games are a great activity for dementia sufferers as it provides cognitive stimulation that improves the quality of life.



# Sing-a-long





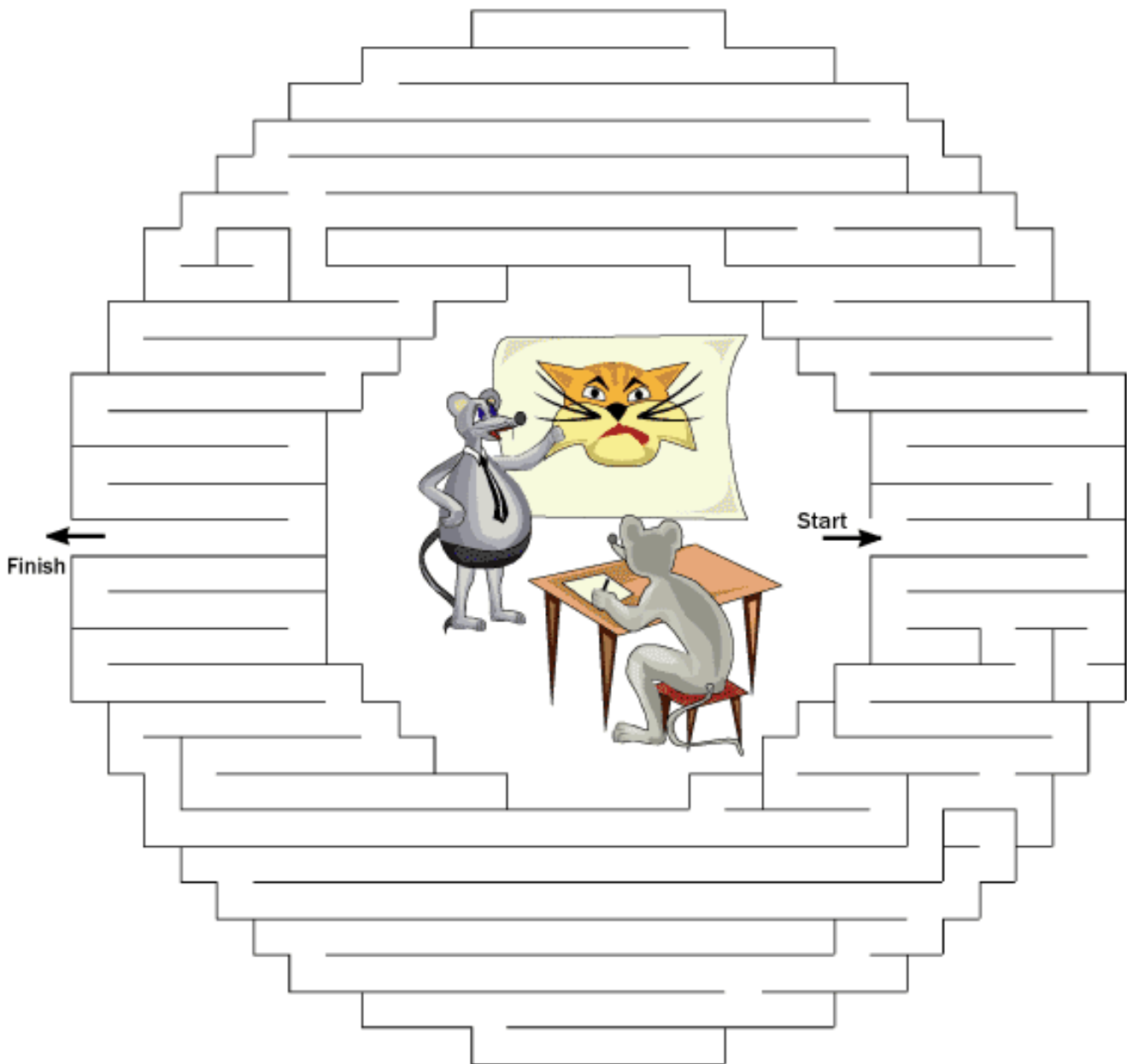
# Autumn Word Search



See how many of these autumn related words you can find in the puzzle.  
The words can be forward, backward or diagonal.

- |           |             |               |            |
|-----------|-------------|---------------|------------|
| 1. Autumn | 5. Raking   | 9. Gourds     | 13. Corn   |
| 2. Fall   | 6. Harvest  | 10. Football  | 14. Maize  |
| 3. Leaves | 7. Pumpkins | 11. Season    | 15. Yellow |
| 4. Colors | 8. Apples   | 12. Scarecrow | 16. Orange |

# SEPTEMBER



**Contact Details**

Dani Gaston  
**General Manager**

Norwood House  
Littlemoor Road  
Middleton  
Saxmundham  
Suffolk  
IP17 3JZ

Tel: 01728 668600

Email: [norwood@countycarehomes.co.uk](mailto:norwood@countycarehomes.co.uk)

**We look forward to assisting you**