

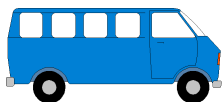
Norwood News

September 2019

Dear Family Members, Friends and Staff,

Thank you to everyone who joined us on the 17th August 2019 for our Summer Garden Party. Everyone had a wonderful time, and we were delighted to have so many family members, friends, supporters, staff and their families join us. We had some wonderful raffle prizes and quite a few people went home happy winners.

Once again, a BIG THANK YOU to everyone who supported us, either by joining us on the day or by providing a raffle prize.



Thanks to your generosity we were able to raise over £230 which will be used to fund transport for some excursions out with our residents.

August was a very busy month for us with the Garden Party and quite a number of visits from our regular entertainers including: Mr John, Annika, Sing-As-We-Go, Dennis (& his Keyboard), Gwyn Pritchard, Brian Shaw and Sharon Jarvis. Having singers visit us here at Norwood House is extremely important to our residents. What makes their visits extra special is when family members are able to join us for the events. **Please don't forget to add their September dates to your diaries and join us if you can.**



Celebrating
Chocolate

In September we will be celebrating two 'themed' days; International Chocolate Day on the 13th and 'Talk Like a Pirate' Day on the 19th. If you would like to join us on the 13th look out for lots of 'chocolatey' treats being served by our Chefs, and if you come in on the 19th - be prepared to be bump into 'Pirates' - with dressing up for visitors is optional!

Regards from;
All at Norwood House



County Care Homes

Best Dementia Care Home Finalists The National Dementia Care Awards 2011

Together We Care

September 2019

Diary Dates

- 4th September 19
Creative Minds - 10am
- 5th September 19
Barry Tone - 2pm
- 6th September 19
Sing-As-We-Go - 2:30pm
- 9th September 19
Brian Shaw - 11am
- 12th September 19
Annika - 2pm
- **13th September 19
National Chocolate Day**
- 13th September 19
Creative Mojo - 10am
- 17th September 19
Sing-As-We-Go - 2:30pm
- 18th September 19
Creative Minds - 10am
- **19th September 19
'Talk Like a Pirate' Day**
- 20th September 19
Sharon Jarvis - 2:30pm
- 21st September 19
Mr John - 2:30pm
- 23rd September 19
Gwyn Pritchard - 2:30pm
- 27th September 19
Creative Mojo - 10am
- 30th September 19
Gwyn Pritchard - 2:30pm

Please join us for our events at:

Norwood House
Littlemoor Road
Middleton
Saxmundham
Suffolk
IP17 3JZ

Tel: 01728 668600
Fax: 01728 667044

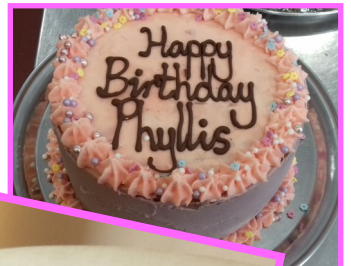
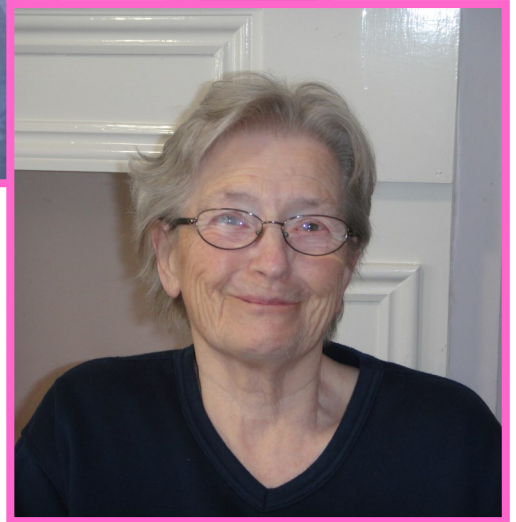
Email:
norwood@countycarehomes.co.uk
www.countycarehomes.co.uk





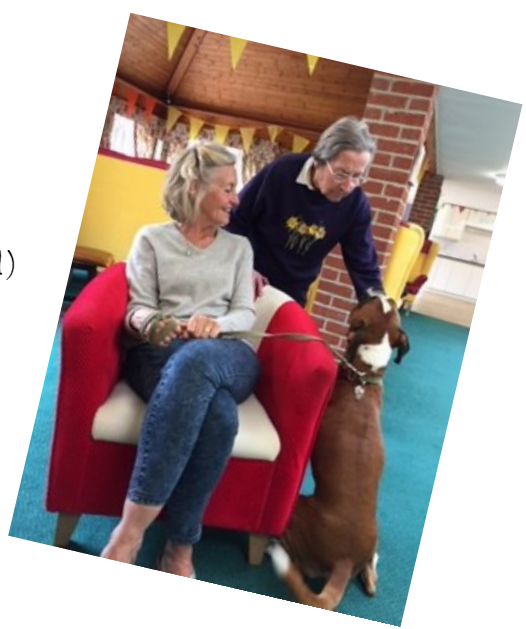
Many Happy Returns to each of our residents who celebrated their birthday in August. Pat, Iris, William B, David B and Phyllis all enjoyed cake, presents and a special day with family, friends and staff.

William celebrated his 90th and Phyllis was 102! She still enjoys singing with our entertainers: and as like a lot of us, certainly enjoys Birthday Cake!





Here at Norwood House we love our residents to have visitors (including the four legged kind) at any time of the day. So please feel free to join us anytime you want to.



Margaret recently got to know 'Frank' a little better when he was last visiting us.



William enjoyed some early birthday celebrations last month with his family; and Joyce enjoyed catching up with three generations of her family.



Pauline and Len celebrated their 70th Wedding Anniversary in August - WOW!



Pat enjoyed celebrating her birthday with son Darren, and David enjoyed seeing his family and talking about football!



Brain-Boosting Habits to Take Up After 40

As our age increases, unfortunately, our brain power decreases. Aging is hard on every part of the body, though perhaps nowhere are its effects as noticeable and alarming as in the brain. But the good news is there are plenty of ways you can keep your mind sharp as the years march on. We are learning more every day about “the role of lifestyle choices we make as we age”; with this knowledge comes the ability to do something about it - so here are some recommended ‘Lifestyle & Brain-Boosting Habits’ to take up after 40.



- Take up Meditation and Relaxation
- Do some Strength Training
- Practice Yoga or Pilates
- Read Frequently
- Keep Learning & Do Crafts
- Set Goals
- Practice your Handwriting
- Tackle a Crossword, Play Chess & Sudoku
- Load up on Antioxidants
- Keep a 'To-Do' List & Stay Organised
- Set Goals & Keep Them
- Avoid Electronics before bed
- Laugh More & Listen Deeply
- Stay Hydrated
- Make 'Fish' a Diet Staple
- Limit Distractions
- Volunteer or Try New Things
- Practice your Concentration
- Do some Aerobic Exercise
- Switch Hands



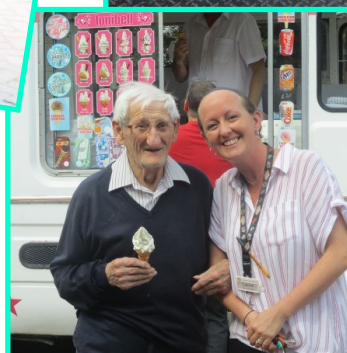
Jason, Acting Team Leader, has been keeping his brain active by taking a NVQ Adult Care Worker - Level 2 Diploma, which he passed with Distinction - well done Jason.

Meanwhile Tom and Phil have been working on their 'relaxation' techniques in our refurbished Beach Garden!



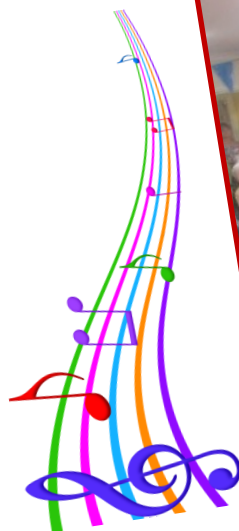
Warm Weather Treats

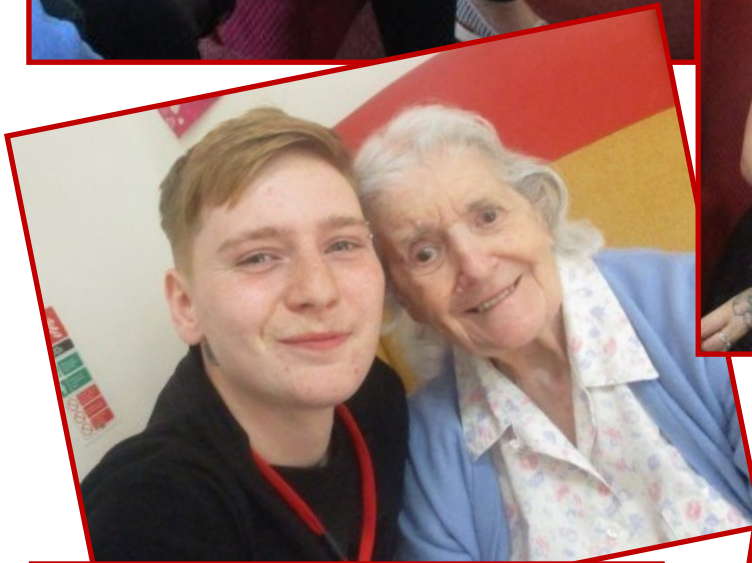
Our residents are certainly enjoying the visits from the Ice Cream Van - most of them don't get much further than Reception before they have finished their treat!



Somethin' Else were in

to entertain us all at the end of July, with their quick change routines and performing popular songs from artists our residents remembered, everyone had a great time.





Feelin' Groovy





Our Manager, Tom, recently heard a rather heavy rumbling noise, emanating from the lane outside Norwood House!

On further investigation he was delighted to discover an old fashioned steam roller being

driven by Ashley, one of our neighbours who is a keen steam enthusiast.

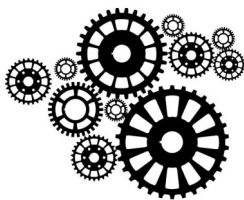
On the promise of a cup of tea and biscuits he was persuaded to bring it into our car park at Norwood House so our residents could have a good look around it.



The 5 ton engine was built in 1924 and is named **'The Queen Maud'**.

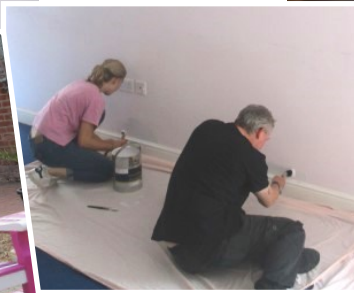


Ashley informed us that the engine takes two hours to go from cold to being warm enough to drive! Despite it's age, it also needs to be 'Tax' registered each year - though it is tax exempt.





Last month we were delighted to welcome a lovely group of local youngsters to Norwood House who were all on the NCS scheme. They had chosen to raise money for our care home, and volunteered their time to carry out any projects we wanted doing. They asked if they could update our courtyard beach garden and paint our dining room, as we were looking to refurbish these areas anyway. They raised over £500 which they spent on some of the materials they used.





After they had finished their volunteer work, the youngsters asked if they could join in one of our Karaoke sessions with the residents. Despite singing some of the more 'up to date' popular songs - our residents still had a great time; some joined them in their performance, and others just enjoyed the singing and giving them a big round of applause.



Everyone at Norwood House would like to extend their thanks to each member of the NCS Team who gave up their time to raise money for us, and then come in to do a wonderful job of decorating our dining room and refurbishing our courtyard beach garden.

**Thank
You**



Norwood
**GARDEN
PARTY**
17th August





Residents, and some staff, took great delight in 'splating' Tom and Abi - good job it was a nice sunny warm day - and Abi had already helped with lunch and drinks!



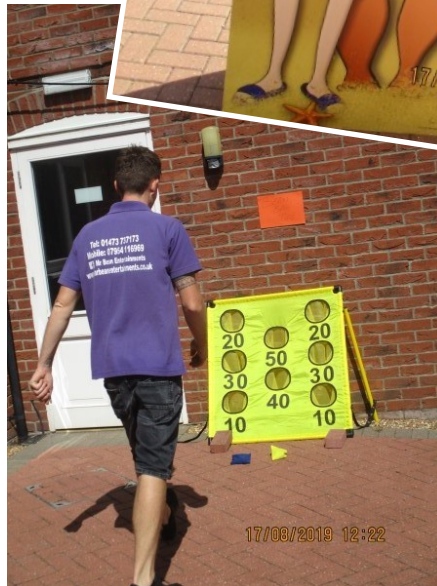
'Pippa' from Mini Donkeys made the rounds inside to make sure everyone had an opportunity to see and pet the donkeys - thank you Mini Donks.





As usual our Chef's produced some delicious food for our Garden Party, including a wonderful selection of deserts and cakes for after the BBQ.





Fun Day



A **BIG Thank You** to all of the entertainers who joined us on the day - Sing-As-We-Go, Mr Bean, Mini Donks and the Ipswich Hospital Band; what a great show from everyone.

We would also like to thank everyone who donated a raffle prize to our Garden Party, and joined us on the day. Everyone had a really great time and almost all of our residents spent some time outside with staff, family, friends and the supporters of Norwood House.





Whether doing one to one craft & art projects with members of the Activities Team, or working in a group with Creative Mind or Creative Mojo, our residents always enjoy producing some wonderful displays for us to put up around our home. Look out for some of them on your next visit.



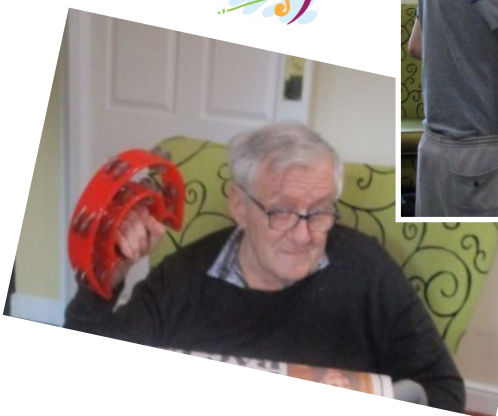
Lola, who belongs to Foteini, from Creative Mojo, is always a welcome visitor and our residents love to have her company whilst they are, or are not, being creative.



Our residents recently enjoyed being entertained by

Mr John

He delighted them with his keyboard skills, and as he also brings along a good selection of percussion instruments, they enjoyed being part of the musical interlude..... When not dancing of course!

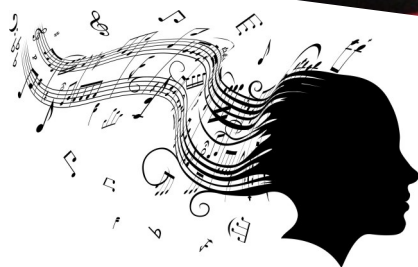


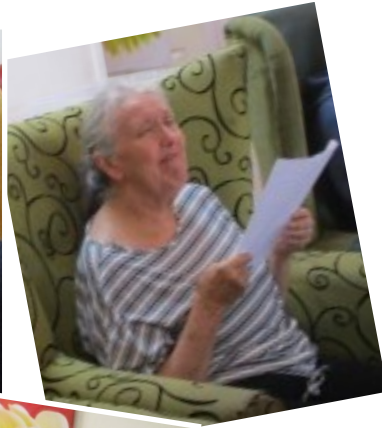
Mr John will be joining us again on:
Saturday 21st September 2019 at 2:30pm
- so why not join us....

Many thanks to all the entertainers who visited us last month. Our residents are always keen to sing along, dance or join in duets.



John, from Activities can often be relied upon to cover duets; and Amelia is never very far from a microphone when there are singers in the house!







Sing For Joy



LET'S
DANCE



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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