



HAPPY NEW YEAR

Norwood News

january

BIRTH FLOWER

admiration
deep love
affection
purity
luck
gratitude



CARNATION

January Birthstone

• Garnet •



Most commonly known as red, **Garnet** comes in all colours except blue. They are known to stop hemorrhaging, cure inflammatory diseases and manage anger. Garnets symbolize fidelity, loyalty, sincerity, grace and faith.

JANUARY BABY

Pretty/handsome.
Loves to dress up.
Easily bored. Fussy.
Seldom shows emotions.
Takes time to recover
when hurt. Sensitive.
Down-to-earth,
Stubborn, Very attractive,
full of life, caring.

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



As we are sure you are all aware, Suffolk is in Tier 4. This means there have been some changes to our visiting regulations. Unfortunately we are only now able to accept visitors from **within Suffolk**, as travel into or out of any Tier 4 areas is not permitted. For visitors who are living in Suffolk, visits in our porch area can still continue as this is a COVID-safe way of visiting.

We have also introduced the following restrictions to our visiting:

Visitors **MUST** still report to Reception to have their temperature taken on arrival for their pre-booked visit. All visitors **MUST** wear a mask at all times whilst in Reception, the main Reception door will only be unlocked once you have put on your mask to protect our administration staff.

Please reduce the amount of time spent in Reception to a minimum – we expect visitors to have their temperature taken and their details recorded by staff (for Track and Trace purposes) then immediately leave Reception to make their way round to the visiting area in the porch. There will also be a marked floor area in Reception to prevent visitors from standing too close to the Reception desk.

Please **DO NOT** return to Reception after your visit as there may be another visitor having their temperature taken. Any items to be dropped off for residents should be done prior to your visit and left behind the screen away from the Reception desk. It is imperative that our Receptionists or other staff are not approached within 2m to protect them and your loved ones.

Please ensure you wipe down the door handles, chairs and intercom in the visiting area with the wipes provided before **AND** after your scheduled visit.

Booking for your visits remains the same, with all visits being pre-booked via Reception. The above rules have been put in place to allow us to continue running visits and to ensure we keep everyone safe. We thank you all for following these rules when you visit Norwood House.

HAPPY
Birthday!
CHRISTINA

Christina celebrated her birthday in December. The kitchen made her a lovely cake, and she opened her presents with Jenna. She also enjoyed a Birthday visit with her Daughter.





Ann celebrated her birthday at the end of December. She had a lovely chocolate cake and was given nice fluffy Pyjama's and Socks. She also had a nice birthday visit with her Husband and Son.



The residents were busy putting up the Christmas Decorations at the beginning of December.



Morning Exercise



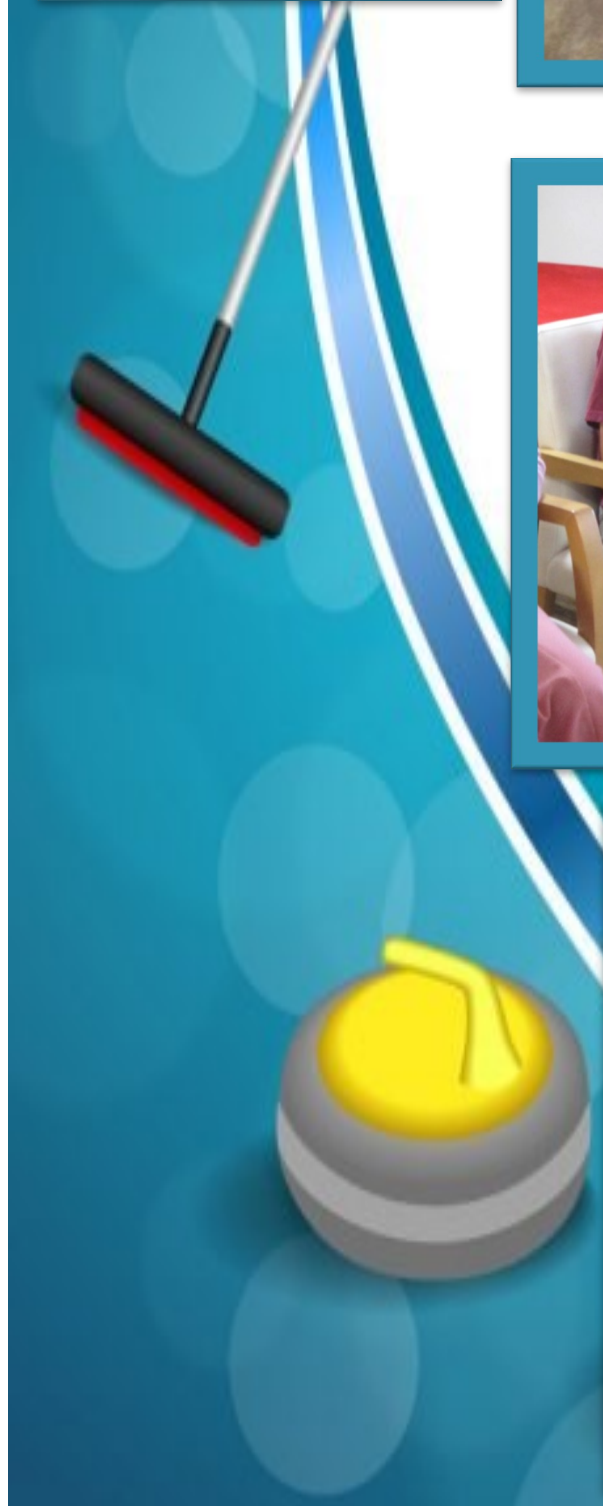
Some examples of seated exercises include:-

- * Marching
- * Turning the upper body from side to side
- * Raising the heels and toes

There are great benefits of gentle exercise for dementia patients.

- * It can improve physical abilities for everyday tasks
- * Slowing of mental decline
- * Reducing depression

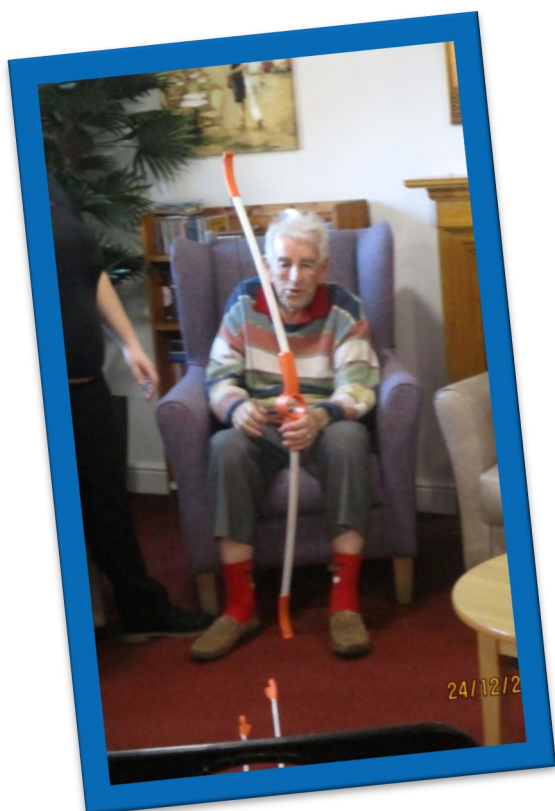




Archery



This type of activity helps retain hand/eye coordination and is great to include as part of a gentle exercise programme for older people.





We celebrated Christmas Jumper day on the 16th December, and there was a Surprise in store for the Staff and Residents when Abi and all the Team Leaders emerged from the office dressed up and dancing away to Christmas Songs!







Parachute Game



The parachute made an appearance and gave the staff and residents lots of laughs on a rainy afternoon.



Casey used his experience as a painter and decorator and helped our Maintenance Man Simon with his redecoration project.

Arts & Crafts



Arts and crafts can lead to increased concentration, heightened self-esteem, and inspire positive feelings. When dementia patients are engaged in art and craft activities, their senses are stimulated by colours and textures.

Flower Arranging

Flower arranging provides cognitive and sensory stimulation, can help preserve motor skills, and instills a sense of ownership, independence, and accomplishment.





Christmas Eve

The residents danced their way through Christmas Eve in the lounge with Christmas Songs playing to get everyone in the Festive Spirit.





Father Christmas delivered the residents presents on Christmas Morning. He even took time out of his busy schedule to try and get a picture with each resident!











Christmas Day Lunch

Starter

Honey Parsnip Soup with Freshly Baked Bread

Blinis Topped with Smoked Salmon, Cream Cheese & Chives

Main

Traditional Roast Turkey with Pigs in Blankets, Roast Potatoes, Stuffing,
Vegetables & Gravy

Plaice Fillet with a Prawn, Leek & White Wine Sauce, New Potatoes &
Vegetables

Dessert

Christmas Pudding with Brandy Butter & Brandy Sauce

Vanilla Panna Cotta with Berry Compote





Christmas Day

Tea





Item	Ticket No.	Winner	Item	Ticket No.	Winner
Family Circle Biscuits	Yellow 221	Lynn (June)	Snowy Fingers	Yellow 949	Heather Kenmure
Jelly Babies	Yellow 422	Iris Mortlock	White Malteasers Truffles	Pink 322	Abi
Milk Tray	Pink 285	Sheila B	Quality Street Tin	Yellow 831	Roger
Mince Pies	Blue 1000	Jenna W	Heroes Box	Yellow 410	Ruth R
Ferrero Rochers	White 398	Kara	After Eights	Pink 147	Angel
Shortbread Tin	Yellow 265	Sadie	Salted Caramel Matchmakers	Green 997	Chris Green
Iced Mince Pies	Yellow 325	Donna L	Family Circle Biscuits	Yellow 459	Michael Mortlock
Malteasers	Green 976	Geoff Brown	Quality Street Tin	White 369	Patricia Kemp
Mint Matchmakers	Yellow 490	Bev	Shortbread Tin	Yellow 984	David Mitchell
Fox's Biscuits	Pink 246	Adrian	Mince Pies	White 473	Terry
Wine Gums	White 409	Phil M	White Wine	White 350	Vikki
White Wine	Yellow 173	Jackie Doy	Snowy Fingers	Pink 71	Angie
Walnut Whips	Yellow 903	Trevor Houghton	Dairy Milk Santa	Green 436	Maxyne
Roses Box	Blue 984	Donna M	Mint Matchmakers	Yellow 383	Lin
Christmas Pudding	Green 951	Toni M	Dairy Box	Yellow 758	Toni M
Orange Matchmakers	Pink 6	Mandy Stow	Fox's Biscuits	Yellow 295	Sadie
Orange Matchmakers	Green 446	Rita Smith	Dairy Milk Santa	Yellow 252	Bex
Milk Tray	Pink 239	Paul	Crackers	Yellow 207	Jackie Doy
Malteasers Truffles	White 496	Mandy B	Celebrations Tin	Pink 41	Joanne Plant
Roses Tin	Green 403	Bob Snowdon	Wine Gums	Yellow 399	Valda
Maple & Pecan Matchmakers	Yellow 816	Maxyne	Heroes Tub	Pink 101	Chloe
Malteasers	White 442	Kay	Chardonnay	Green 492	Abi Power
Salted Caramel Matchmakers	Green 484	Abi Power	Chardonnay	Yellow 221	Lynn (June)
Christmas Pudding	Yellow 391	Jas Mowatt	Chardonnay	White 383	Kara
Iced Mince Pies	White 449	Ruth R	Chardonnay	Pink 76	Sue Cable
Ferrero Rochers	Yellow 380	Chrissie Fullbrook	Christmas Pudding	White 491	Mandy Bl
Maple & Pecan Matchmakers	Pink 185	Ewan	Baileys	Pink 97	Chloe
Jelly Babies	Pink 46	Lauren	Celebrations Box	Yellow 811	Keira
After Eights	White 312	Trevor Houghton	Bird Table	Yellow 476	Anita

A very **BIG THANK YOU** to Tanya for organising the Christmas Raffle and everyone else who kindly donated a prize. Thank you to everyone who bought raffle tickets - we had **58** prizes, and raised an amazing **£296** for the residents fund!

Please check the list above to see if you are a WINNER!

Prizes can be claimed at Reception!

Well done to everyone who won a prize.



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Together We Care

2021
Happy New Year

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