



Norwood House
Littlemoor Road
Middleton Moor
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

Managers Dementia Corner

Sun Downing



Sun Downing is synonymous with dementia and sufferers of Acquired Brain Injury.

It is believed to be associated with the “special” time of day where traditionally the family unit would all be seated at the dinner table after a hard days work.

Parents and children would systematically spend this time of day together 7 days a week for year after year.

When dementia sets in and the person who is living with it has also lost their memories from the recent past they will miss this special time of the day and not understand why. This will cause them distress and understandably they will attempt to “seek out” why they are feeling this way.

Compassion and understanding is needed to be shown and not attempting to tell the person that their family is now grown up and they do not spend this special time together anymore.

In the future, as the family unit no longer spends this quality time seated around the table, dementia sufferers of the next generation may not be affected as much.

But is Sun Downing limited to 6pm.....?

Once I attended a dementia seminar/training session and was aghast at what I was being told by a dementia “specialist”

One of the other care home managers who was also present at the meeting enquired whether one of her residents was suffering from sun downing at 8am in the morning as he was unsettled at this time for around 90 minutes every morning and was presenting with all the traditional symptoms.

The answer was “no he can’t be as it only happens in the evenings”.

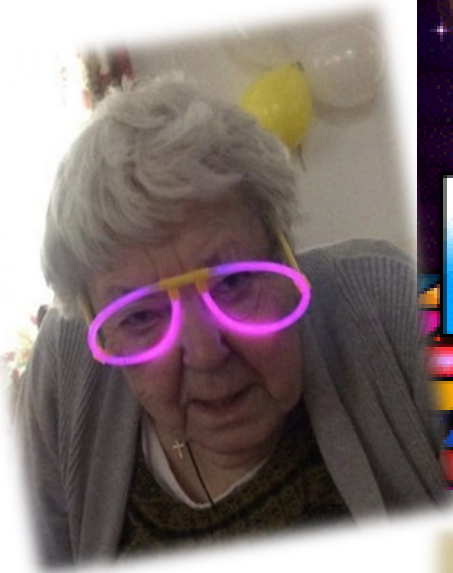
I put my hand up (those of you who know me well will understand why) and asked whether this gentleman worked the night shift.

Sure enough he did.....dilemma solved!!!

His special family time was before school

Happy Birthday Christine!



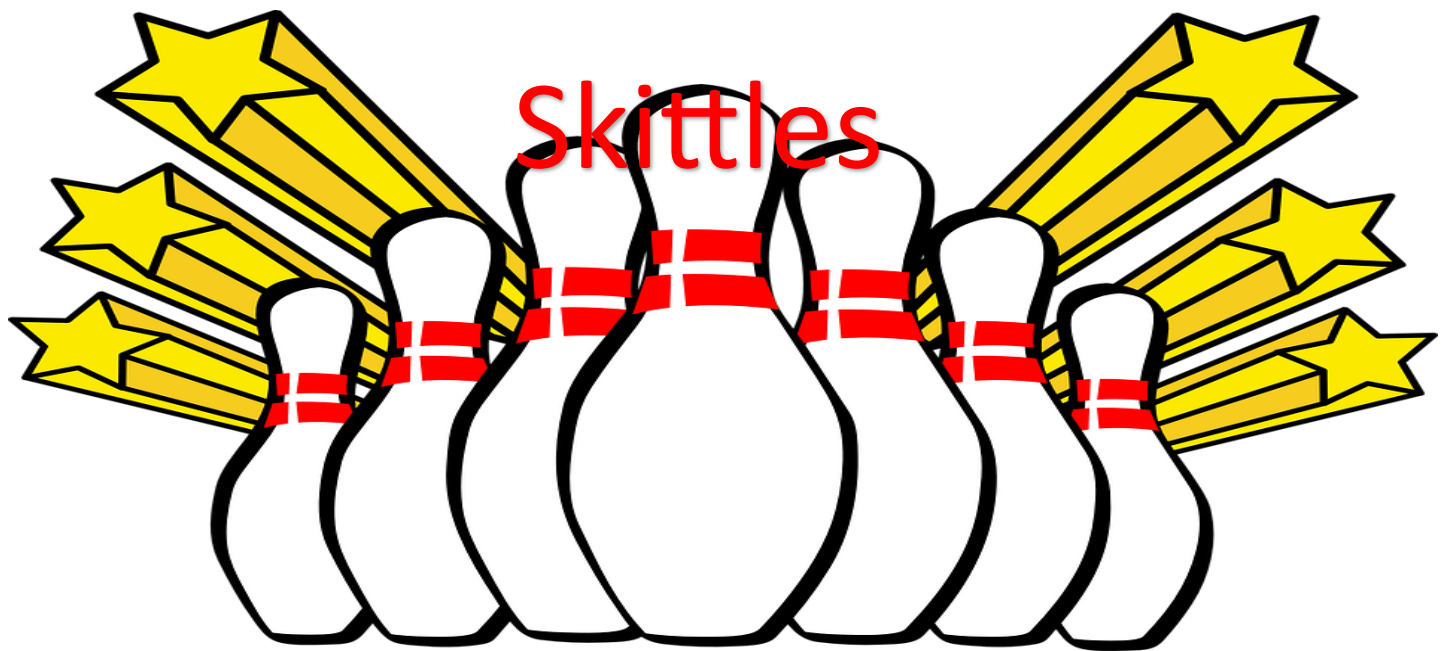


The staff and residents enjoyed an 80's disco at the beginning of the month! The staff pulled out some of their best dance moves and entertained the residents.





Archery makes for good hand/eye coordination and the residents enjoy the competition to see who can score the highest points



Arts and Crafts



Arts and crafts is good stimulation for our residents it allows them to express themselves and it also helps with concentration.





Burns night

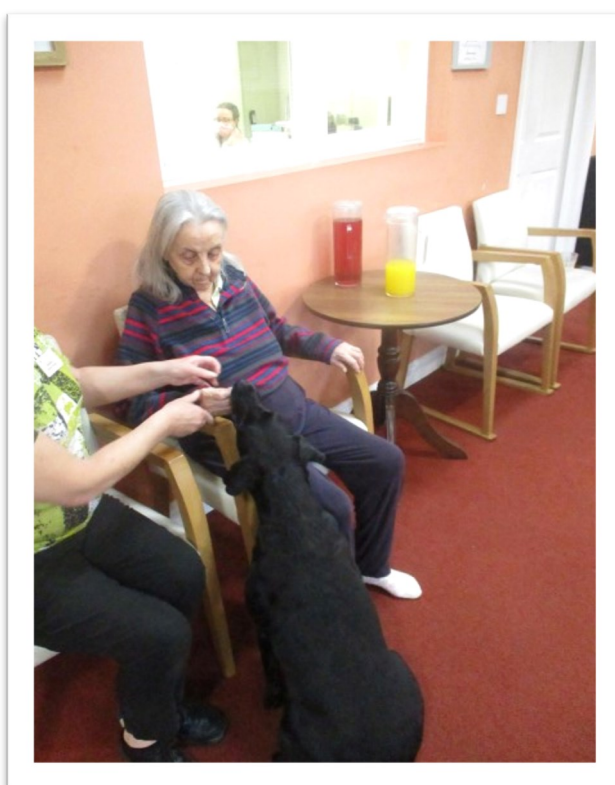
Our residents enjoyed Haggis,
Neeps and Tatties for their tea
and the staff dressed for the
occasion

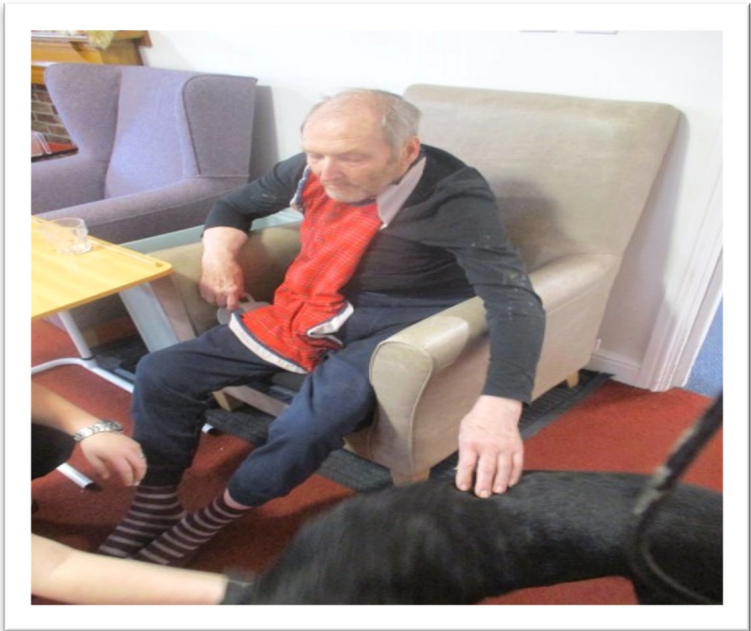


Pets as Therapy



Not only do our residents enjoy petting Elsie our visitors also enjoyed it.



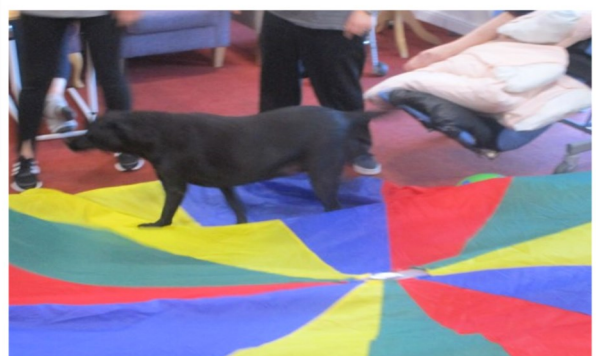




Residents and Staff
using the parachute



Even Elsie got involved



8 Fun Facts About February Babies

- They Tend to be Incredibly Frank and Honest. ...
- They Tend to Be Very Compassionate. ...
- They Can Be Quite Unique. ...
- They Can Also Be Quite Artistic and Creative. ...
- They Can Be Innovative. ...
- They Can Also Be a Little Rebellious. ...
- They Have Strong Will Power. ...
- They Tend to Maintain an Air of Mystery.



Valentine's Day Word Search

c	g	f	l	o	w	e	r	s	i	p
j	s	w	e	e	t	h	e	a	r	t
e	f	p	a	c	u	p	i	d	a	e
v	h	o	i	k	a	c	p	s	r	t
a	o	g	u	y	h	e	a	r	t	s
l	o	v	e	r	r	d	e	g	o	f
e	k	r	a	p	t	r	r	o	w	r
n	r	i	r	o	s	e	s	p	x	i
t	o	h	s	d	r	d	e	i	r	e
i	s	u	h	s	p	i	n	n	h	n
n	r	g	a	r	e	l	l	k	t	d
e	o	s	c	h	o	s	r	o	s	h
s	w	e	e	r	t	s	f	r	i	e
v	c	h	o	c	o	l	a	t	e	k

valentine
arrow
cupid
hearts
love

red
fourteenth
hugs
chocolate
pink

roses
friend
flowers
sweetheart
kisses



We are delighted to be able to welcome more visitors into our home now the rules have been relaxed for visitors into Care Homes.

In accordance with our duty of care to all our residents, staff and visitors we will, for the time being, still be operating our visiting policy where there are timed slots for visits.

This will enable us to wipe down surfaces between visits and to maintain social distancing.

You will still be required to arrive 15 minutes before your time slot for us to be able to carry out a Lateral Flow Test.

We confirm all our staff will also continue to need a negative Lateral Flow Test before they start any shift.

We also ask you to respect our policy and continue to wear face coverings when moving around the home.

However, these changes will enable a few more members of any family to visit and spend quality time with their loved one.

We will also be able to welcome larger family groups to celebrate special occasions.

We ask you to please make arrangements in advance for those special occasions with the manager so we can manage the event safely and provide the usual hospitality.

We hope to be able to open further and invite you to join our residents Champagne afternoon teas and annual garden parties very soon.

Let's all look forward to freer times ahead and a brilliant summer.

Thank you for your support and understanding.

Gareth and Enid Niven-Moss - Directors

Contact Details

Alastair Rayner
General Manager

Norwood House
Littlemoor Road
Middleton
Saxmundham
Suffolk
IP17 3JZ

Tel: 01728 668600

Email: norwood@countycarehomes.co.uk

We look forward to assisting you



County Care Homes

Best Dementia Care Home Finalists The National Dementia Care Awards 2011

Together We Care