

# **Norwood News -**



## **2017**

**October** has been a very busy month for everyone here at Norwood House. We have had two new residents join us this month, and there have been a variety of singers in to entertain our residents.



On the 17th October 2017 Danny became our 'official' Deputy Manager ~ Well Done! Danny has been at Norwood house for over 17 years, and has seen quite a number of changes over that time. He is delighted with his promotion and is glad to be working very closely with Kelly, our Manager, and Karen our Acting Deputy.

### **PHOTOGRAPHS**



If you would like a copy of any of the photographs that we feature in our Newsletter each month, please ask a member of the Reception team.

### **Christmas Dinner**

If you would like to join your family member for dinner on Christmas Day (12:30pm), please let Reception staff know as soon as possible.



**County Care Homes**

Best Dementia Care Home Finalists The National Dementia Care Awards 2011

*Together We Care*

## ***This Month's Activities!***

9th November 17

- 'The Best Of'  
Tickled Pink (singers)  
11am

12th November 17

- Remembrance  
11am
- Brian Shaw (singer)  
2pm

13th November 17

- Geoff Dukes (singer)  
2pm
- Reminiscence

21st November 17

- Sing As We Go  
2pm

27th November 17

- Geoff Dukes (singer)  
2pm

30th November 17

- Sing As We Go  
2pm

*PLEASE FEEL FREE TO JOIN US AT ANY OF OUR PLANNED EVENTS*

### **Norwood House**

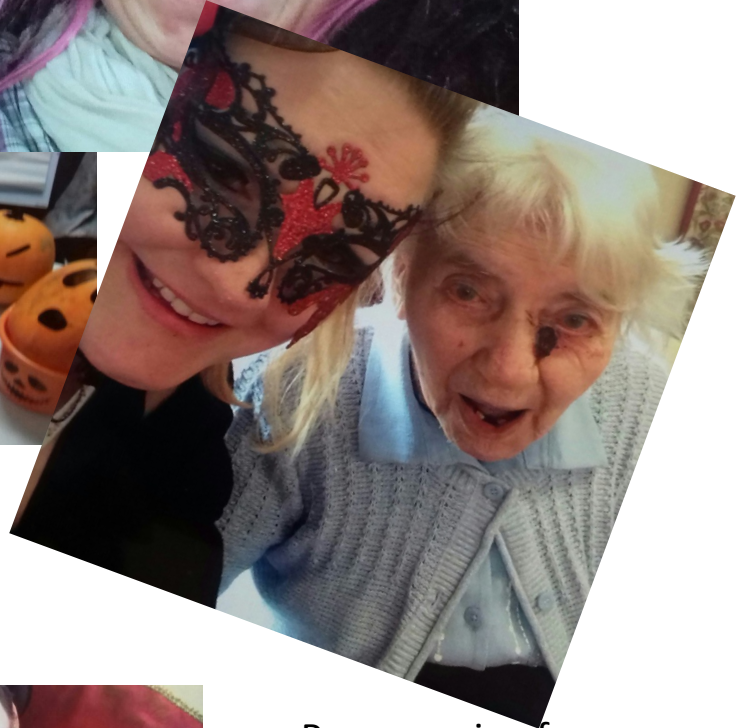
**Littlemoor Road  
Middleton  
Saxmundham  
Suffolk  
IP17 3JZ**

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

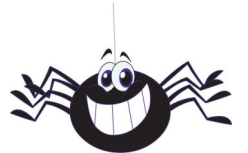
# Halloween Time



Chris & Tori the Activities Team got into the spirit of the day and helped the residents with the pumkin decorating.



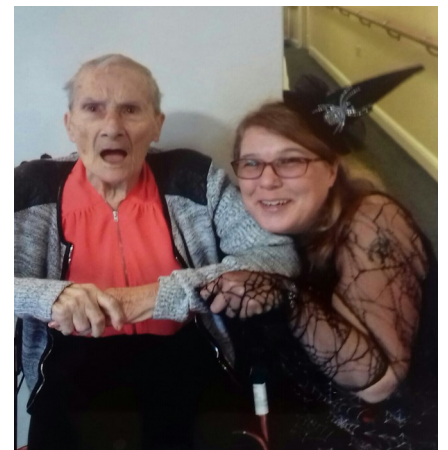
Peggy posing for a pic with Roxy.



Rosemary getting a cuddle from Chris dressed as Dracula.



Pauline getting in the mix with Tori Sadie and Mihaela.



Jan with Sadie who has come as a witch for the day.





# Scary Staff at Norwood



Manager Kelly  
looked fantastic  
as the Evil  
Queen.



Roxy &  
Chris.



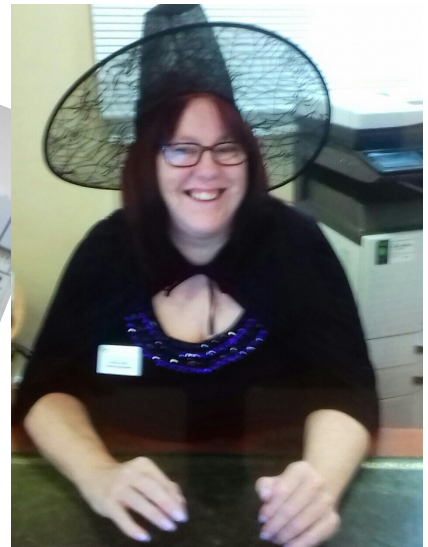
Deputy Danny was almost  
unrecognisable with hair and  
makeup as Edward Scissorhands.



Laura with Clare  
looking fabulous as  
Cruella .



Sadie with her son Mack  
who really went to town  
with his costume.



A spooky  
reception.





# Spooky Activities



Ken is stirring the icing ready for the ladies to use on the cakes.



Patricia decorating some Halloween cupcakes.



Brian Shaw entertaining the residents with some Halloween themed songs including the Monster Mash where he got the management to join in as his backing singers.





## Happy Birthday Norman



On October 1st we were delighted to celebrate Norman's birthday with him. Other people who also have October 1st as their birth date include: Julie Andrews, Theresa May, Henry III of England, Richard Harris, Julio Baptista, Walter Matthau and Jimi Carter.



Norman was delighted with his cake, and (luckily) was happy to share it with other residents and staff. Glad you had a good day Norman - ***Manny Happy Returns.***



## WELCOME

Peter—(pictured here with his wife) and Patricia, our two newest residents, who joined us in October

Over the years Peter has been employed a 'Motor Mechanic', and worked for Hammonds 'Land Rover' for over 14 years. Before that he helped keep Suffolk's emergency rescue vehicles on the road, working on Fire, Ambulance and Police cars.

His skills have come in handy with the 'restoration' of his much loved 'Austin Healey' which he took off the road in the winter of 1968. Over the years he has stripped the car and re-built all the bodywork and engine.

Peter is also a big 'steam train' fan, and enjoys watching the Grand Prix whenever he can.

Patricia has a reputation as an excellent baker, and demonstrated her skills by lending a helping hand at the 'Cake Bake' sessions recently. She also enjoys needlepoint, painting and tapestry. As an only child she grew up in south London, where during the war she was evacuated to Kent.

Patricia was employed as a 'Comptometer Operator' (a manual adding machine - a kind of type writer for 'numbers' - used well before computers!) and was one of the fastest operators in the job. She was also one of the last women to be employed using one of these machines in the UK.





## Remember when we had one of those.....

Kelly and Dorothy recently enjoyed a trip out to the 'Darsham Station Emporium', which is a hidden gem for antiques, collectables and memorabilia.

They were amazed to discover a wealth of items from by-gone-days, and some of the things Dorothy remembered having growing up and in her own home.

The ladies were so impressed with all the interesting things they saw, that they decided to bring some items back to Norwood House so that other residents could enjoy remembering when they used to use them.

The Emporium is run by Geoff and Margaret Reade, and is well worth a visit if you enjoy having a good rummage amongst old interesting collectables.





# Christmas Performance

On Friday 22<sup>nd</sup> December 2017 at 2.00pm

We will be joined by Ipswich Hospital Band  
who will be playing an assortment of  
Christmas music and Carols

You are all welcome to join us for music,  
mulled wine and mince pies.





# *Whatever the Weather!*

Here at Norwood House our residents never let the weather dampen their spirits. Despite not been able to get out into the garden as much as they used to, they don't let it get them down.







Come said the leaves to the  
wind one day,  
Come o'er the meadows and  
we will play.

Put on your dresses

*Scarlet*   
and *Gold* 

For summer is gone and  
the days grow cold.

George Eliot







## Did You Know?

Children born in autumn (September through December) are more likely to excel in school than those born at other times of the year, according to a UK Department of Education report.



# County Care Homes

## Norwood House

### **DIRECTORS' SURGERY**

Gareth and Enid Nixon-Moss highly value feedback from both visitors and staff. They are holding regular surgeries to enable any visitors or staff to meet them and to discuss any issues or suggestions as to how we may add to the service we provide and make your time at Norwood House even more memorable and enjoyable for our resident guests and yourself. All discussions will be held in strict confidence unless agreed otherwise.

Should you wish to meet Gareth and Enid please print your name against one of the dates and times below. Should you require longer time then additional arrangements will be made at the first meeting.

The following dates and times are available.

### **11th December 2017**

2.00pm.....  
2.15pm.....  
2.30pm.....  
2.45pm.....  
3.00pm.....  
3.15pm.....

### **February 2018**

### **To Be Arranged**

*"Our priority is to ensure The County Care Homes Group is a Centre of Excellence" in providing Dementia care. If for any reason we have not met your expectations, do please contact me and give me and my team an opportunity to address your issue".*

Gareth Nixon-Moss

County Care Homes Limited

Registered in England No 4683188







# Our Activities Planner ~ November 2017

<b>1st</b>  Cake Bake Day	<b>2nd</b>  Afternoon Tea	<b>3rd</b>	<b>4th</b> 
<b>5th</b>	<b>6th</b>  	<b>7th</b>	<b>8th</b>  Cake Bake Day
<b>9th</b> Afternoon Tea & The Best of 'Tickled Pink' at 11am	<b>10th</b> 	<b>11th</b>	<b>12th</b> 11am Remembrance Brian Shaw 2pm
<b>13th</b> Geoff Dukes 2pm 	<b>14th</b> Disney Theme Day	<b>15th</b>  Cake Bake Day	<b>16th</b> Afternoon Tea & Reminiscence 2pm 
<b>17th</b> 	<b>18th</b> 	<b>19th</b>	<b>20th</b> 
<b>21st</b> Sing-as-we-Go 2pm	<b>22nd</b>  Cake Bake Day	<b>23rd</b> Afternoon Tea 	<b>24th</b>
<b>25th</b> 	<b>26th</b>	<b>27th</b> Geoff Dukes 2pm 	<b>28th</b> 
<b>29th</b>  Cake Bake Day	<b>30th</b> Afternoon Tea Sing-as-we-Go 2pm 	Please feel free to come and join in any of the events we have planned for November. 	



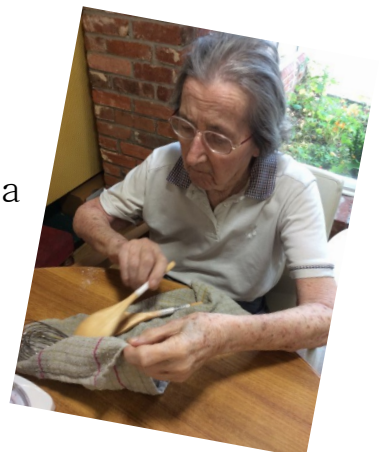
# Great Norwood Bake Off

Each week some of our residents have been enjoying making cakes to have the following day for 'Afternoon Tea'.

Dorothy, Margaret and Peggy made a delightful batch of Chocolate Cupcakes,



and Dorothy, Maureen, Dorothy, Joan and our newest resident Patricia enjoyed making Chocolate & Marshmallow crispy cakes. Well done to Peggy & Margaret for doing the 'washing up'!





# Christmas is coming

The countdown to Christmas is well and truly upon us and it is time to start making those all important plans.



Norwood House is opening up its doors this December on the following dates to members of the local community who will be alone over the Christmas period. Why not come and enjoy a Christmas Lunch with the staff and residents.

Friday 8th December

Friday 15th December

Friday 22nd December



If you are a member of the local community and would like to join us,  
please give us a call: 01728 668600

Just let our receptionists know in good time which date you wish to attend.

# Bonfire Night Celebrations

Here at Norwood House we need no excuse to enjoy celebratory meals produced by our marvellous chefs and catering staff.

Friday 13th October saw us celebrating with a 'Great British Food Day', with a wonderful menu of traditional favourites, including: Pea & Ham Soup, Black Pudding & Bacon Salad, Fish & Chips with Mushy Peas, Steak & Ale Pie & Spotted Dick with Custard. We are hoping to celebrate Bonfire Night with some traditional fayre.

Many of you probably remember the first verse of the old 'Guy Fawkes Day' poem, but how many of you know the rest?

## Guy Fawkes Day Poem

Remember, remember, the 5th of November  
The Gunpowder Treason and Plot;  
I know of no reason why Gunpowder Treason  
Should ever be forgot!

Guy Fawkes and his companions  
Did the scheme contrive,  
To blow the King and Parliament  
All up alive.

Threescore barrels, laid below,  
To prove old England's overthrow.  
But, by God's providence, him they catch,  
With a dark lantern, lighting a match.

A stick and a stake  
For King James's sake!  
If you won't give me one,  
I'll take two,  
The better for me,  
And the worse for you.

A rope, a rope to hang the Pope,  
A penn'orth of cheese to choke him,  
A pint of beer to wash it all down,  
A jolly good fire to burn him.

Halloa, boys! Halloo boys! Make the bells ring!  
Halloa, boys! Halloo boys! God save the King!

Hip, Hip, Hoor-r-r-ray!  
*An English Folk Verse (c 1870)*







Some of the residents enjoying a sing along in the Dining Room.

The ladies from **Sing As We Go** Entertaining the residents with songs from the good ole days.



Janet found the whole afternoon highly amusing.



Dorothy looking splendid in her union jack hat.





Brian Shaw a regular entertainer here enjoying a cheesy grin with Doreen.



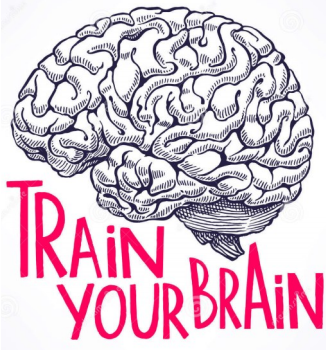
Maureen & Dorothy getting involved in the fun & games with Tickled Pink.



Nancy having a whale of a time shaking her maracas.  
Keith & Basil enjoying Brian's singing.





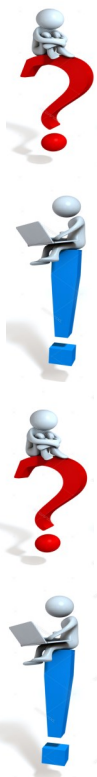


One of the key things we are all encouraged to do as we get older is to keep our brains active. The Dementia UK website reminds us that Hobbies like art, needlework, knitting, puzzles and listening to music help stimulate different areas of our brain and help with attention and concentration.

Rebus puzzles come in two different types. The first use all pictures, as well as small parts of words, and the second almost exclusively use words. Why not have a go at our Rebus Puzzle and see how you do - **Good Luck!**

*(To help you out we have given you the answer to the first question).*

## REBUS FOR YOU !



1. <b>FACE</b> (Red in the Face)	2. <b>EGG EGG</b> <b>HAM</b>
3. <b>BUR</b>	4 THUMBS THUMBS THUMBS THUMBS THUMBS THUMBS...
5. TEEF FEET TEEF	6. FAMILY SHEEP
7. po <b>FISH</b> nd	8. ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE
9. <b>TIME</b> a b d e f g h i j k l m n o p q r s t u v w x y z	10. DAYSALLWORK

