

Norwood News -



Dear Family, Friends and Supporters,

Last month at Norwood House our residents spent some time making decorations to go around the home for Halloween! If you come to visit in the next couple of weeks look BEWARE - there may be cobwebs, skeletons and spiders - they may still be lurking around!

11th November 2018 is Remembrance Sunday, and we will all be remembering those who have fought for our country. Our residents', staff, family members and friends have all been working hard knitting poppies to make a special display.

As always at Norwood House, we have a busy month ahead with singers, entertainers and other activities planned. Please remember family and friends are welcome to any event or activity so please make a note of our dates in your diary.

Regards,

From all at Norwood House



Christmas Dinner

If you would like to join your family member for dinner on Christmas Day (25th December from 12:15pm), please book with Reception.

As you will appreciate, due to the additional catering implications and limited seating in our dining room we would like to ask that you book your meal with us before:

20th November 18



County Care Homes

Best Dementia Care Home Finalists The National Dementia Care Awards 2011

Together We Care

November 18 Diary Dates

- **2nd November 18** - Brian Shaw (Singer) 2pm
- **7th November 18** - Annika (Singer) 2pm
- **9th November 18** - Sing As You Go
- **10th November 18** - Brian Shaw (Singer) 2pm
- **12th November 18** - Geoff Jukes (Singer) 2:30pm
- **13th November 18** - Sing As You Go
- **19th November 18** - Old Time Music Hall 2:30pm
- **26th November 18** - Geoff Jukes (Singer) 2:30pm
- **30th November 18** - Sing As You Go

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



October saw Norman, Rodney and John V enjoying their birthday celebrations with family, friends and staff. A BIG Thank You to our Chef's who, despite being short staffed on occasion, never forget to make the Birthday Cakes.



John can often be found getting involved at our 'Arts & Craft' sessions, producing some wonderful work.

Just like Robin, one of our Chefs, who following on from National Honey month in September, used some local Suffolk Woodland Honey to make an extra special birthday tart for John V. **Delicious!**



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 staff.

BAKING

Brownies*

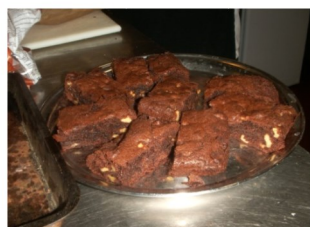
Our residents like nothing more than to sit and have 'afternoon tea' with a nice selection of sandwiches and cakes. Especially if they have been able to help make some of the cakes themselves.

Our residents enjoy baking so much - it looks like we shall have to make a start on our residents 'Christmas Cakes' soon - if you would like to come in and help - please let us know.



"My mum used to love baking - it's so nice to see her still being able to do it and getting enjoyment from it. Thankyou"

Thank you to everyone for your comments on what we are up to here at Norwood House.



'How much chocolate?!'



Our residents recently enjoyed a selection of music played by one of our Night Shift Team Leaders, Liz and her husband, who operate

'Just the Two of Us' disco.

Staff and residents enjoyed dancing along to music from

the 1940's, 50's & 60's music choice. Quite a few were up and on their feet; and some, despite being in wheelchairs, enjoyed moving, and being moved around, to the music of their youth.



"It was amazing how many of the songs my mum remembered. We even had a sing to one we used to sing together when I was young - it was lovely".



Pub Grub

John and Maureen recently to a trip out to one of our local pubs for lunch with the Activities Team.

Both enjoyed a 'child's portion' of their favourite 'Fish & Chips'.

I think John was glad he didn't go for a full size portion!





A Big Thank You to everyone who has been helping to knit the poppies for our remembrance display. Residents, family members and staff have all had a go making them.



We will be using the poppies to make a cross for Remembrance Day. Afterwards some of our residents will then be attaching them to some knitted squares, which have kindly been made for us by Mrs Kemp. These will then be sewn together to create a 'Big Poppy Blanket'.



Reminder from our Manager, Cathryn

Just to let you know the dates we are hosting our 'coffee, cake and chat' sessions to meet with relatives:

Saturday 3rd November @ 12:00pm & Saturday 15th December @ 12:00pm

Please Join Us

The Directors and Staff are driving Norwood House forward to ensure it becomes an Outstanding Care Home. However, we can only do this with your help and support. ***It is imperative that our family members and friends have input into what we do and 'have your say'!***

If you are not able to join us on the day, please email us your thoughts and suggestions. TOGETHER we can move Norwood House to becoming an Outstanding Care Home.

Thank you for your continuing support.

*Cathryn Weed
General Manager*

A new face at Norwood...

At the end of October Norwood House was joined by volunteer student Angus who is aiming to study Biomedical Science at University.

To help support his studies he is hoping to gain some experience by working with and helping people with various forms of dementia and Alzheimer's.

Angus has initially joined the Activities Team, and some of our residents' have already enjoyed his company enormously.

Thank you Angus; we wish you all the very best when you go to University.





It was Great to see some staff and residents dressing up and getting into the 'spirit' of Halloween at the end of last month.

Our staff and residents don't usually need an excuse to dress up - or just put on some headgear!

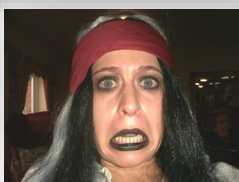
HAPPY HALLOWEEN

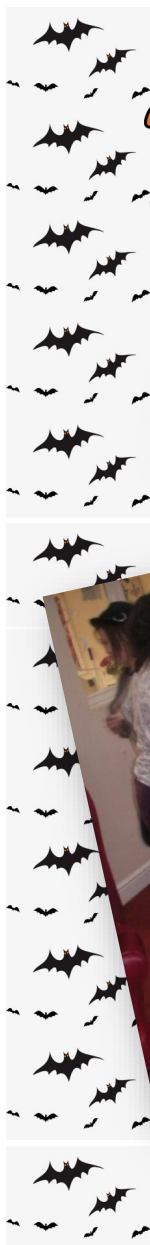


Our residents (and staff) had a great time learning new circus skills with Mr Bean.

Pat was very enthusiastic when it came to the 'drumming'.

However, Danny and Kay, our Hairdresser, weren't quite so good when it came to 'scarf twirling'!





The 'plate spinning' was a hit with everyone, though not all were able to do it well - especially Phil, who was dressed as 'Edward Scissorhands'!



Mr Bean will be back again soon to entertain our residents with his 'Magic Show'. Lookout for more pictures in up an coming issue of our Newsletter.



Not only did our residents enjoy doing some baking last month, but our Head Chef, Amanda , also enjoyed cooking up a few 'spooky' treats for afternoon tea.

Thanks Amanda



Tickled Pink Productions

Our residents were recently entertained by Tickled Pink and their 'Swing Shift' production of popular tunes.

All enjoyed singing along, dressing up, dancing with members of the production team and generally having a good time.

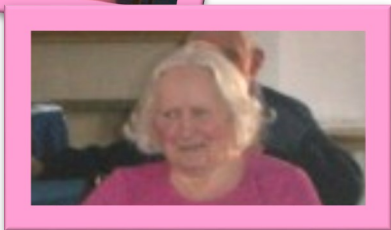
Musical
Theatre



OCTOBER

Saw the residents and staff getting involved in promoting the important cause of **Breast Cancer Awareness**. On Friday 19th October staff and residents' participated by wearing pink and donating to the 'Breast Cancer Now' society. We also had some fun by eating lots of pink treats and drinking pink fizz!

Thankyou to all staff and residents' that took part to raise money and awareness.



breast cancer
now



When our residents are not busy being pampered by our in house Hairdresser, Kay, they often like to help out around the home. Phyllis, aged 101!, always enjoys telling the ladies in Laundry how they should be doing their jobs.

Kay is always busy, keeping all our residents neat and tidy. Some of our residents just come into the salon to see her and have a chat or chill out.

It's a good job we have some comfy chairs in there!



"When I walk in here I don't feel my bones - I feel my calm!"

A quote from
Carol
Norwood House Resident



Creepy Crafts



Our residents enjoyed getting involved in a number of Halloween crafts, including creating a creepy 'Cats' display and doing some spooky pictures in pastels. Look out for them on your next visit to NWH.

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.

04th December 2018

2.00pm _____
2.15pm _____
2.30pm _____
2.45pm _____
3.00pm _____
3.15pm _____

Reminder

Meetings are by Appointment Only
If you would like to book an appointment
time - please see a member of the
Reception staff

January 2019

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

Reception Regulars.....

Amanda, in Reception, often has residents join her for some 'chat & catch-up' time. Carol is a regular visitor who enjoys looking through our 'Year Book' and Newsletters to see what has been going on at Norwood House. When time allows, Amanda also enjoys a game of Dominoes with residents as well!



Happy Halloween



Following on from all the Halloween activities we have been doing, why not have a go at our 'Halloween Movie' special quiz and see how much you know about movies with a scary theme.



1. The film Hocus Pocus is about 3 witches resurrected in Salem and stars Sarah Jessica Parker, Kathy Najimy and which other actress known as much for her singing as a acting?
2. Who directed the film Halloween from 1978?
3. Which film has as its main characters, Morticia and Gomez?
4. In the film Beetlejuice, which actor played Betelgeuse, known for his comedy and 'dark' roles?
5. In the film of the same name, who is Casper?
6. Also in Casper, was a not very active Monty Python actor, name him.
7. Who starred as Donnie Darko in the film of the same name?
8. In which film would you find the character Ichabod Crane played by Johnny Depp?
9. In the short film, Michael Jackson: Thriller, who was the narrator, himself the star of many a scary film?
10. When a teenage girl is possessed by a mysterious entity, two priests are tasked with saving her. What is the film title?



Don't forget to look out for the answers in the December 2018 Newsletter to see how you have done.



11. Starring JoBeth Williams and directed by Steven Spielberg which film tells the story of ghosts haunting a family home?
12. Which film directed by Wes Craven and starring Neve Campbell, and Courtney Cox is about a teenage girl who is terrorised by a killer a year after the murder of her mother. The killer targets the girl and her friends by using horror films as part of a deadly game.
13. Which character from the pen of Bram Stoker, was first made into a film in 1931?
14. Which film from 1987 stars Jack Nicholson, and Cher, Susan Sarandon, and Michelle Pfeiffer as three single women who experiment with some powers?
15. 'The Curse of the Were-Rabbit' is a film starring which animated couple?

Look out for the answers in the December Newsletter.