

Norwood News -



Dear Relatives, Friends and Supporters,

Welcome to another edition of Norwood News. November was a very busy month for us, and December looks like it will be filled with lots more festive fun and activities to bring 2018 to a close.

Last month our residents enjoyed an 'Old Time Music Hall' performance from *Somethin' Else*, and accordion music from Svetla, who were new entertainers to Norwood House. Our residents (and staff) had a great time singing along and being part of their performances. Look out for the 2019 dates, when they will be with us again.



If you would like to join us your family member for Christmas lunch, we still have a few places left. Please speak to a member of the Reception staff.

We have plenty of singers and entertainers planned for this month, so if you are able to join us - just remember to put the dates in your diary. It would be wonderful to see you all. Knowing how our Kitchen like to be prepared, there's bound to be a good supply of warm mince pies available.

Wishing you all **A Very Happy Christmas,**
From all at Norwood House



County Care Homes

Best Dementia Care Home Finalists The National Dementia Care Awards 2011

Together We Care

December 18

Diary Dates

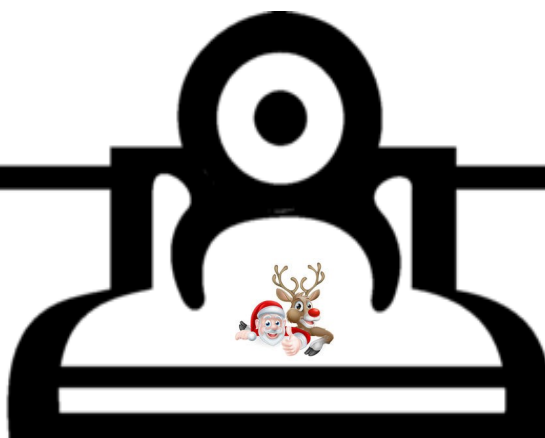
- **10th December**
Mr Bean Disco
- **11th December 2pm**
Svetla Singing
- **13th December 2pm**
Brian Shaw
- **14th December 2pm**
Annika Singing
- **15th December 11am**
Tickled Pink Winter Wonderland
- **17th December 2:30pm**
Geoff Jukes Singing
- **18th December 2:30pm**
Sing As We Go
- **20th December 2:30pm**
Church of England Service
- **22nd December 6pm**
Just The Two Of Us Disco
- **24th December 10:30am**
Svetla Singing
- **29th December 10:30am**
Tickled Pink Christmas Show
- **31st December 2pm**
Brian Shaw

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

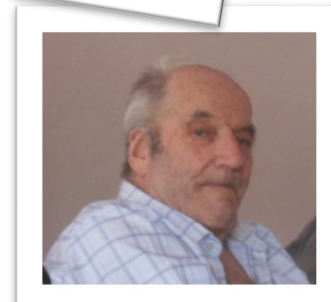
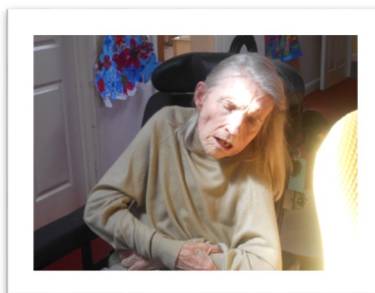
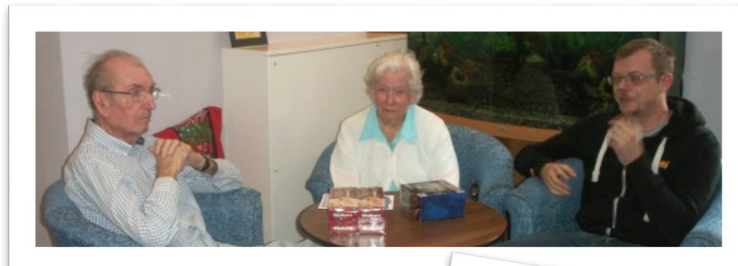
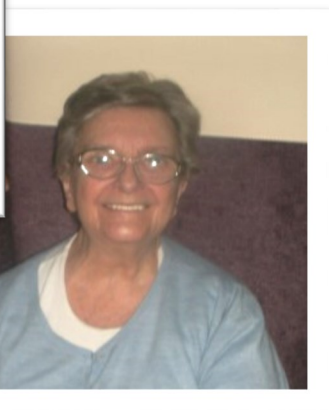
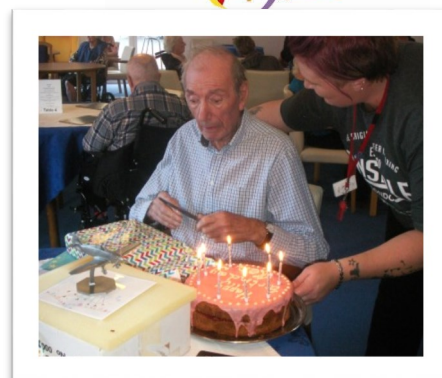
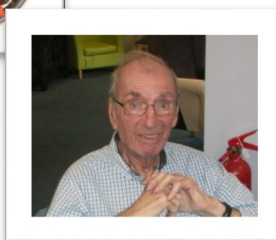
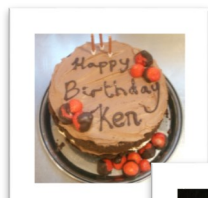
Norwood House
Littlemoor Road
Middleton
Saxmundham
Suffolk
IP17 3JZ



www.countycarehomes.co.uk



November was a busy month for birthdays, with Ken C, Ken M, Alida, Shirley and Doreen all celebrating their special days. Thanks as always go to the Kitchen for making the birthday cakes for all our residents'.



It was wonderful to see our residents enjoying their birthdays with members of their families, friends and staff.

Happy Birthday to You All....



Let's Get

Creative



Lots of our residents enjoy working with Foteini, from Creative Mojo, and Karina from Creative Minds. Over the year our residents have produced some wonderful and memorable art work.



This month our residents have been making Christmas cards for family and friends, and decorations to go around the home.





Remembrance Day

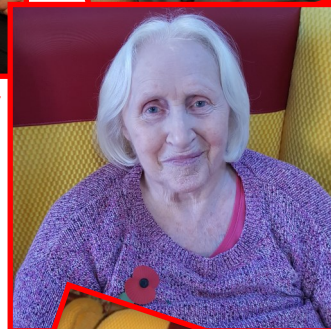


Residents, staff and families have been hard at work knitting and painting poppies to celebrate Remembrance Day. These have now been put onto a Remembrance Cross, a lovely piece of art which will now be on display in the Home.



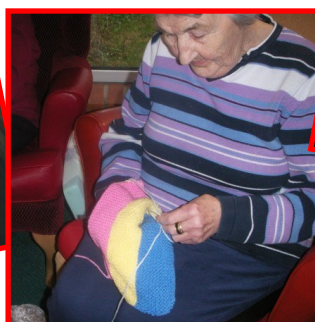
Everyone at Norwood House observed the two-minutes silence on Remembrance Day, before being read poems by Phil and Linsey. Phil, one of our Team Leaders, came in dressed in full uniform and resident Keith got into the spirit of Remembrance by wearing his uniform from his time serving our country!





WE REMEMBER

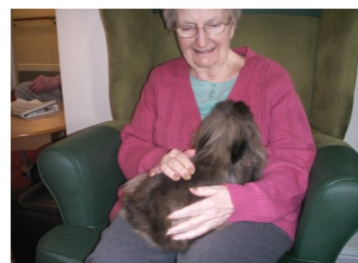
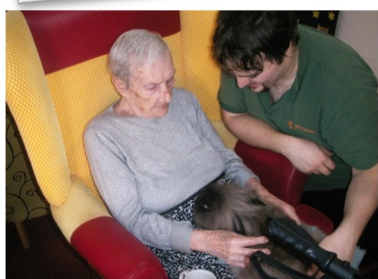
Thank you to everyone who kindly made poppies for our Remembrance Display. We had so many left over that our residents are sewing them to knitted squares to make 'poppy cushions'.



WILD SCIENCE

Norwood House residents always enjoy a visit from **Wild Science**, and the November visit was no exception!

Our visitors included rabbits, guinea pigs, tarantulas, iguanas and many more exotic creatures! It's always good fun for our residents to interact with the animals and they always have lots of questions to ask the handlers.



Reminder from our Manager, Cathryn

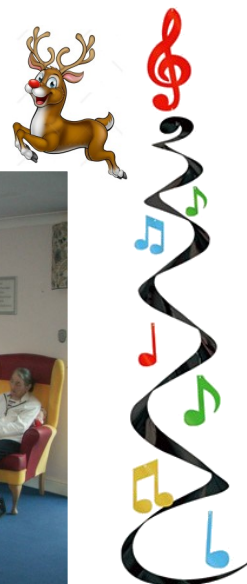
Join us for our relatives 'coffee, cake and chat' session
on **Saturday 15th December @ 12:00pm**

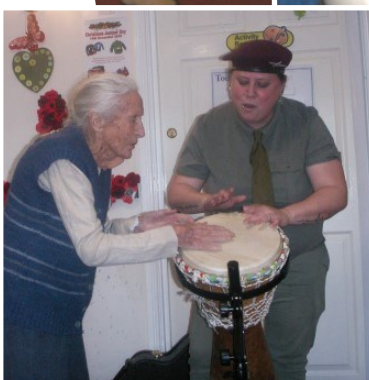
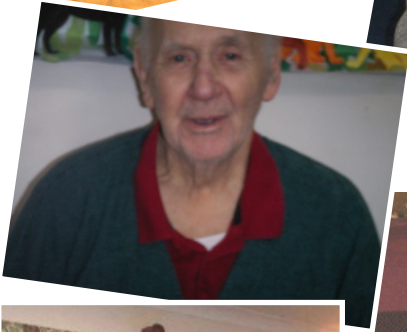
It is imperative that our family members and friends have input into what we do and 'have your say'! If you are not able to join us, please email us your thoughts and suggestions. **TOGETHER** we can move us towards becoming an Outstanding Care Home.

MUSIC & Dance



In November our residents enjoyed plenty of musical performers, including some new faces at Norwood House. As always our entertainers put on a very fun show for everyone to enjoy, and our residents' never hesitate to join in by singing or dancing along!





Our residents enjoy being entertained and joining in with all the artists who visit Norwood House. Whether singing, dancing or playing instruments, they always have a great time.



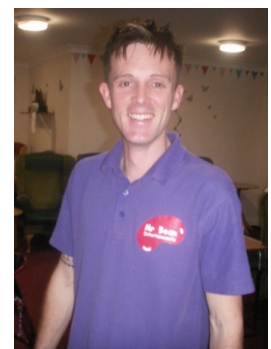


Many of you may remember Mr Bean, and his workshops, from our Summer Garden Party event.

He recently came back into Norwood House to do another 'drumming' and 'percussion' workshop with our residents and also perform his Magic Show.



WORKSHOP



Go on - pick a card, any card!



Truly Scrumptious!



Last month we were delighted to welcome two new Chef's to the Norwood House Kitchen team. Ruth, a keen cake decorator, and Paul an ex publican. Both have been helping to rustle up some delightful treats for our residents.



Wednesday 21st November 2018



Chinese Day Menu

Chicken and Sweetcorn Soup

**Shredded Duck Pancakes
With Hoisin Sauce, Cucumber
and Spring Onion**

**Hong Kong Sweet and Sour
Style Chicken**

Beef in Black Bean Sauce

Served with Special Egg Fried Rice

**Banana Fritters with
Toffee Dipping Sauce**

Chilled Lychees



Don't Forget.....

If you would like to join your family member for Christmas lunch, we still have a few places left. Please speak to a member of the Reception staff.



When not cooking, our Chef Robin can sometimes be found rustling up a tune on the piano!

On the 21st of November, our residents had a 'Chinese' themed day. As well as enjoying the food, residents made banners and flags to help celebrate the occasion.



Here at Norwood House we always enjoy receiving visitors - including the four legged variety!

Whether staying in, or going out, our residents love to have your company.



Christmas Raffle

A **BIG Thank You** to everyone who has donated a Raffle Prize to our draw.



We have some wonderful items, including a beautiful quilt made by Barbara's daughter, Sharon.

The draw will take place on Christmas Day, so there is plenty of time to donate a Raffle Prize. Tickets available from Reception.

Tickets On Sale Now



All the staff and residents recently wished Luda, one of our Support Workers, all the very best for her extra special wedding Day.

Luda and Aj enjoyed a traditional Muslim wedding ceremony, surrounded by family, friends and loved ones.

Congratulations to you both.

Christmas Brain Teaser.....

Why not have a go at this month's Christmas Quiz and see how many answers you know!



Merry Christmas!

Questions

1. After leaving Bethlehem, to which country did Joseph, Mary, and Jesus travel?
2. Christmas is celebrated on the 25th of December. Who is the patron saint remembered on the 26th of December?
3. Every elf has this ornament on the tip of their shoes. Which ornament are we talking about?
4. Everyone is familiar with the mistletoe tradition. What is the colour of the berries of the plant?
5. How does Santa Claus go back up the chimney to continue his journey of delivering gifts?
6. How many points does a snowflake traditionally have?
7. Name the eight original Reindeer.
8. One of the most famous Cola companies in the world used to have advertisements featuring a happy, smiling Santa Claus. Name the company
9. Red and green are the two colours most associated with Christmas. Which are the two other colours, according to Christmas holiday trivia, that are also extremely popular in this season?
10. Traditionally, kids leave out snacks for Santa Claus. What are these snacks?
11. Traditions of Christmas around the world will tell you that Santa Claus is known by many names. What is the French name for Santa Claus?
12. Two of the reindeers are named after weather phenomenon. Name the reindeer.
13. What are the gifts that the Three Wise Men gave baby Jesus, according to Christmas history?
14. What is the name of Ebenezer Scrooge's partner, from the play, *A Christmas Carol*?
15. What two phrases will you almost always find on Christmas gift tags?
16. When does the Russian Orthodox Church celebrate Christmas?
17. Which country can be credited with the creation of the Christmas beverage, eggnog?
18. Which country does St. Nicholas originally belong to?
19. Which country gifts the Christmas tree that is placed at the Trafalgar Square in London, according to Christmas tradition?
20. Which is the most popular ornament used to place at the top of the Christmas tree?



The Southwold School senior class of 1927. Back row, left to right: Sidney Rogers, Fred Manning, Warren Harrison, Stanley Quantrell, Edward Waters, Pryse King. Third row: Tommy Fletcher, Percy Waters, Victor Warby, Tommy Doy, Victor Watson, Frank Kent, Bobby Fryett, Jimmy Stannard, George Deal, Jimmy Smith. Second row: Joan Cross, ? Barnes, Phyllis Ladd, Lily Webb, ? Read, Gwen Brown, Betty Mayhew, Esme May, Ruby May, Rene Stannard, Dorothy Stannard. Front row: Peggy Mullender, Trixie James, Joan Oakley, Phyllis Palmer.

Phyllis B is our oldest resident, and next year will be 102 - Amazing!

Phyllis recently enjoyed visits from her daughters, who brought in one of her school photographs from her time at Southwold Primary School. The photo shows the 'senior' class of 1927.

Phyllis is bottom right - do you know any of the others?



Well; how well do you think you did with the November Halloween Film Quiz?...

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? **Bette Midler**
2. Who directed the film Halloween from 1978? **John Carpenter**
3. Which film has as its main characters, Morticia and Gomez? **The Adams Family**
4. In the film Beetlejuice, which actor played Betelgeuse, known for his comedy and 'dark' roles? **Michael Keaton**
5. In the film of the same name, who is Casper? **The 'Friendly' Ghost**
6. Also in Casper, was a not very active Monty Python actor, name him. **Eric Idle**
7. Who starred as Donnie Darko in the film of the same name? **Jake Gyllenhaal**
8. In which film would you find the character Ichabod Crane played by Johnny Depp? **Sleepy Hollow**
9. In the short film, Michael Jackson: Thriller, who was the narrator, himself the star of many a scary film? **Vincent Price**
10. When a teenage girl is possessed by a mysterious entity, two priests are tasked with saving her. What is the film title? **The Exorcist**
11. Starring JoBeth Williams and directed by Steven Spielberg which film tells the story of ghosts haunting a family home? **Poltergeist**
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. **Scream**
13. Which character from the pen of Bram Stoker, was first made into a film in 1931? **Dracula**
14. Which film from 1987 stars Jack Nicholson, and Cher, Susan Sarandon, and Michelle Pfeiffer as three single women who experiment with some powers? **The Witches of Eastwick**
15. 'The Curse of the Were-Rabbit' is a film starring which animated couple? **Wallace and Gromit**

Don't forget ~ If you would like copies of any of the photographs shown in any edition of our Newsletters, please ask a member of the Reception staff.

