

# Norwood News -

# AUGUST 2018

Dear Family, Friends and Supporters,

Well we were certainly not disappointed with the weather in July! Here at Norwood House we made the most of it - from visiting Highways Nursery Woodbridge to enjoying a visit from the ice cream van or just simply sitting in the garden with a cool glass of Pimms.



Don't forget to add the 4th of August 2018 to your calendar, and join us for our Summer Garden Party.

We are hoping to have good weather, and are looking forward to a wonderful afternoon of circus activities, events and entertainment for all the family.

The event will be from 12pm onwards with a BBQ. If you would like to join us for lunch, please let us know in advance so we can let the Head Chef know.

Tickets for the raffle are available from Reception, and will be on sale on the day.



*Thank you* To everyone who has kindly donated a raffle prize.

Regards,  
from all at Norwood House.

If you would like copies of the photographs shown in any edition of our Newsletters, please ask at Reception.



**County Care Homes**

Best Dementia Care Home Finalists The National Dementia Care Awards 2011

*Together We Care*

## **August 18 Diary Dates**

- **4th August 18**  
Garden Party  
12pm Onwards 
- **6th August 18**  
Singer - Sharon Jarvis  
2:30pm
- **10th August 18**  
Singer - Jack Austin  
2:30pm
- **13th July 18**  
Singer - Geoff Jukes  
2:30pm
- **14th August 18**  
Singer - Tony Lambrini  
2:30pm
- **16th August 18**  
Entertainer - Mr John  
2:30pm
- **17th August 18**  
Singer - Brian Shaw  
2pm
- **18th August 18**  
BIG Quiz Teacake  
10am
- **21st August 18**  
Singer - Charley Jolly  
3pm
- **24th August 18**  
Singer - Sharon Jarvis  
2:30pm
- **27th August 18**  
Singer - Geoff Jukes
- **29th August 18**  
Singer - Druce Aldred  
2:30pm

*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)**



# Birthday Board



To everyone who had a birthday in July - our busiest birthday month of the year!

Seven of our residents celebrated their birthdays with family, friends and members of staff.

Margaret enjoyed getting 'two' birthday cakes - one on her birthday and one a few days later when she celebrated with family. She also enjoyed some extra special cup cakes sent in by her Grandson. Some showed photographs of Margaret and her husband when they were younger.





**Norwood House** would like to extend a warm welcome to our newest resident - Ken.



Ken was a very successful Chartered Accountant for over 30 years and enjoyed travelling all over the world, particularly the Middle East, throughout his career. Ken and his wife Phyl have four daughters, and they now enjoy the company of their eight grandchildren and six great grandchildren when the family get together.

He was an enthusiastic motorised model boat builder and could often be seen sailing them on local boating ponds. He was also the Treasurer of the Thorpeness Flying Club for a number of years where he built and flew his models.



## **HISTORICAL August**

Here are some events which have occurred in August throughout the United Kingdom's history. How many did you already know?

- |           |      |  |
|-----------|------|--|
| 1 August  | 1740 | 'Rule Britannia' sung for the first time in public, in Thomas Arne's 'Masque Alfred'.  |
| 2 August  | 1100 | King William II (Rufus) killed by a crossbow bolt in mysterious circumstances while hunting in the New Forest, his ghost is still said to haunt the woods.                                 |
| 3 August  | 1926 | Britain's first set of electric traffic lights appear on the streets of London.  |
| 4 August  | 1914 | Britain declared war on Germany in support of Belgium and France, and on Turkey because of her alliance with Germany. Find out more in our article concerning the Causes of World War One. |
| 5 August  | 1962 | Nelson Mandela imprisoned for attempting to overthrow South Africa's apartheid rule.   |
| 6 August  | 1881 | Birth of Sir Alexander Fleming, Scottish discoverer of penicillin.   |
| 7 August  | 1840 | Britain bans the employment of climbing boys as chimney sweeps.  |
| 8 August  | 1963 | Britain's Great Train Robbery – £2.6 M stolen from Royal Mail.   |
| 9 August  | 1757 | Birth of Thomas Telford, Scottish civil engineer credited with opening up northern Scotland by building roads, bridges and waterways.  |
| 10 August | 1675 | King Charles II lays the foundation stone of the Royal Observatory in Greenwich.   |
| 11 August | 1897 | Birth of best-selling children's writer Enid Blyton, whose books have been among the world's best-sellers since the 1930s, with more than 600 million sold.                                |
| 12 August | 1822 | Lord Castlereagh, British Foreign Secretary, commits suicide. In his role as Foreign Secretary he managed the coalition that defeated Napoleon.  |
| 13 August | 1964 | Peter Allen and John Walby become the last people to be hanged in Britain.   |
| 14 August | 1945 | Japan surrenders to the Allies, ending the Second World War.   |



15 August	1888	Birth of Thomas Edward Lawrence 'of Arabia'.
16 August	1819	The <i>Peterloo Massacre</i> took place in Manchester at St. Peter's Fields.
17 August	1896	Mrs. Bridget Driscoll of Croydon, Surrey, became the first pedestrian in Britain to die after being hit by a car.
18 August	1587	Birth of Virginia Dare, the first child of English parents to be born in the Roanoke Colony in what is now North Carolina, USA. What became of Virginia and the other early colonists remains a mystery to this day.
19 August	1646	Birth of John Flamsteed, Britain's first Astronomer Royal. He would go on to publish a catalogue that identified 2,935 stars.
20 August	1940	Winston Churchill referring to the RAF pilots, says " Never in the field of human conflict was so much owed by so many to so few".
21 August	1765	King William IV born. William would go on to serve in the Royal Navy, earning him the nickname the "Sailor King".
22 August	1485	Richard III becomes the last English king to die in battle, killed at Bosworth Field in Leicestershire.
23 August	1940	The first night of the Blitz as German planes bomb the city of London.
24 August	1875	Matthew Webb (Captain Webb) started his attempt from Dover in Kent, to become the first person to swim the English Channel. He reached Calais, France at 10.40 am the following morning, having been in the water for 22 hours.
25 August	1919	World's first international daily air service begins between London and Paris.
26 August	1346	With the help of the longbow the English army of Edward III defeats the French at the Battle of Crecy.
27 August	1900	Britain's first long distance bus service begins between London and Leeds. The journey time being 2 days!
28 August	1207	Liverpool is created a Borough by King John.
29 August	1842	Great Britain and China sign the Treaty of Nanking, ending the First Opium War. As part of the treaty China gave the territory of Hong Kong to the British.
30 August	1860	Britain's first tramway opens in Birkenhead, near Liverpool.
31 August	1900	Coca Cola is sold for the first time in Britain.



**Here** at Norwood House when our resident are not being pampered by our Hairdresser Kay, they are helping out where they can.

Maureen always enjoys helping Linsey, from Activities, prep trays of tea, coffee and juice for residents, visiting guests and staff.



No afternoon tea time is complete without the dishes being washed and put away.

***Thanks Maureen, a job well done.***

# Our Summer Garden Party is Saturday 4th August 18 from 12pm onwards



A **VERY BIG THANK YOU** to everyone who supported us by donating a raffle prize or by buying tickets.

We have some wonderful prizes.



**Raffle Tickets Will Be On Sale On The Day**

Please bring all the family and  
join us for .....



Mr Bean & his Circus Troupe  
Face Painting  
Sing-Along with Mike Pritchard  
and **MUCH, MUCH, MORE** .....





HONDA  
OWNER'S  
CLUB  
NORFOLK



The wonderful members of HOCN recently paid our residents a visit to show off their bikes.

Frank, Pat and Dorothy took great delight in looking at all the different Honda motor bikes.

Dorothy shared some of her memories with us from a time when her husband owned a motor bike.



## TROPLCAL Delights

Whilst we were all enjoying the tropical sunshine, Amanda, our Head Chef, thought our residents would also like to enjoy some unusual tropical fruits.



Staff got into the tropical mood and Jackie, Head of Activities, and Shirley enjoyed taking a selection of tropical fruit, and other unusual items, around for the residents to try.

### **Our Residents enjoyed:**

**Paw Paw** (Papaya) - from Central America.

**Kumquat** (Golden Orange) - a native to South Asia.

**Pomegranate** - originally from Iran, Afghanistan and Pakistan, but now found throughout the Mediterranean regions. Each fruit has between 200 and 1,400 seeds in it.

**Physalis** (Chinese Lantern) - from the sub tropics.

**Dragon Fruit** - fruit of a cactus from the Americas.

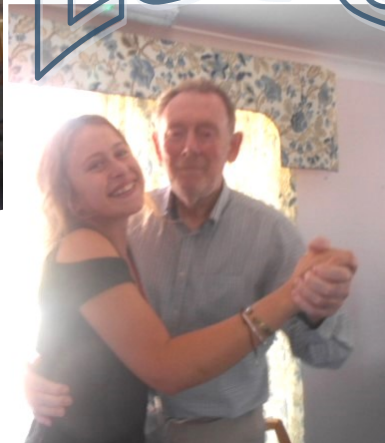
**Star Fruit** - from East Asia and the South Pacific.

Clearly not to everyone's taste!





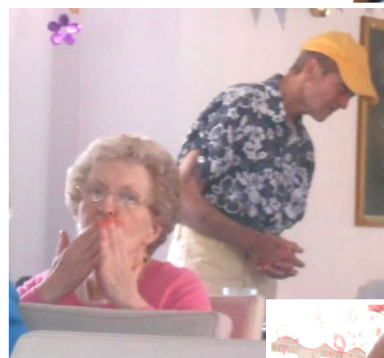
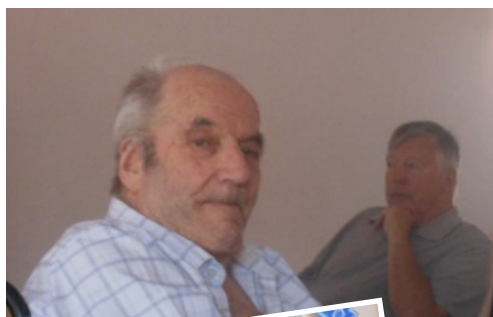
# Let's Dance



All our residents enjoy it when singers and entertainers visit Norwood House.

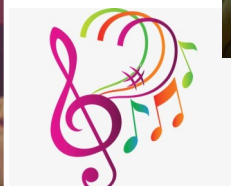
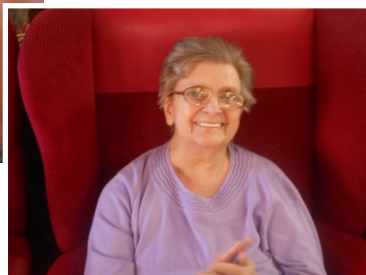
Last month we were delighted to welcome Alan, a new singer who was performing to residents for the first time. Everyone clearly enjoyed his performance, with some of the residents getting up to dance with staff and some just sitting and

enjoying the music. He will definitely be back to entertain us.



Our residents were also delighted to have Sharon Jarvis, Geoff Jukes, Charly Jolly and Jack Austin visit them last month.

Jan always enjoys being serenaded by our singers, and joining in some of the old favourite songs.



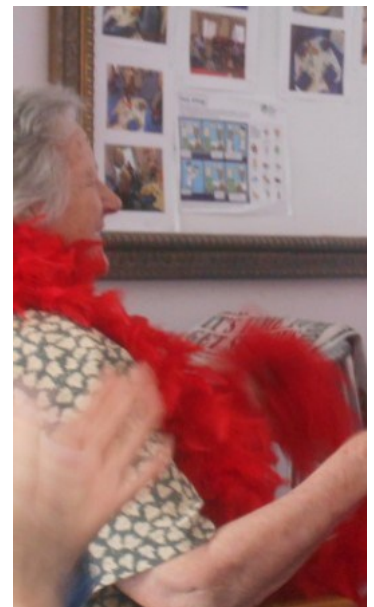


# Let's Sing Together





**Tickled Pink** came to visit us last month to put on their 'Very Best Of' performance for our residents. Our residents certainly enjoyed being part of the show.



Musical  
Theatre



## REMINDER

***Our next 'Meet the Relatives Day' is  
15th September 2018.***

*It would be very much appreciated if some family members could attend the meetings occasionally, as at the moment this is not happening.*

*I know it is difficult at times, but your thoughts, suggestions and ideas are so important to the welfare of residents and staff alike.*

*Our aim is to make Norwood House a home of excellence, which we know we can achieve with your help.*

*Cathryn Weed, Manager*



*Together We Care*

**Alzheimer's Society:** Read the latest news on campaigns, research and fundraising at: [www.alzheimers.org.uk](http://www.alzheimers.org.uk)

### **Study finds long-term abstinence and heavy drinking may increase dementia risk.**

A study published in The BMJ today suggests that people who abstain from alcohol or consume more than 14 units a week during middle age (midlife) are at increased risk of developing dementia.

### **Ten minutes of social interaction improves wellbeing in dementia care.**

New research has found that ten minutes of social interaction a day helps improve wellbeing for people with dementia in care homes.

### **Nordic diet, combined with activity can decrease cognitive decline.**

New research shows that a healthy diet combined with staying active can reduce cognitive decline.

### **Manager's 'Word of the Month'**

## ***'Dignity'***

"The quality of being worthy or honourable; worthiness, worth, nobleness, excellence."





**Residents** and staff have certainly been delighted with visits from the ice cream van - especially with the hot weather. Jackie made sure everyone had an ice cream to enjoy.

Our Head Chef, Amanda, was caught with two and tried to explain; *"they're not both for me - honest!"*



Thank you to Pat, Iris and Pauline W who kindly made the latest Reception floral display.

It was nice to see Pat enjoying the sunshine recently - I think she should have been 'dead heading' the flowers.



# 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.

#### 07th September 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

#### October 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