

# Norwood

# July News 2019

**Dear** Family Members, Friends and Staff,

**H**ere at Norwood House both staff and residents are getting excited about our Summer Garden Party. This year we will be enjoying: Mr Bean doing Circus Skills and Face Painting, feeding and petting the Mini Donkeys and enjoying the music of the Ipswich Hospital Brass Band.

**Don't forget to add the date to your diary ~ 17th August 19  
From 11am to 2pm ~ See You Soon.....**

**J**une saw our residents enjoying various entertainers; including the welcome return of Gwyn Pritchard and Barry Tone. We also enjoyed another visit from the Ipswich Hospital Band who enjoyed performing in our band stand.

**A**s usual our residents have been producing some beautiful pieces of art work. The Butterflies made with Foteini, from Creative Mojo, went on display in Devon as part of the 'National Care Home Open Day. Have a look at them through the link provided.

**A** family member with Dementia affects each of the other members of the family in different ways. Molly Howick is a 13 year old who's grandmother suffers with Dementia. Her mother sent in a piece of writing to Dementia UK that Molly had written for the BBC '500 words' competition. It's a story told from the point of view of her grandmother. Here is an extract from Molly's story:

***"They keep telling me I have dementia, to me it's just a meaningless word, but it's not only me who suffers. Every name I lose sight of, every face I can't quite recall causes devastation. It's like throwing a pebble into the sea, it triggers ripples all around. Waking up each morning and having to walk through an isolated forest, searching desperately for a piece of recognition, just something to call mine. It scares me beyond belief. But then through the mist will appear a bright familiar light guiding me to safety, through the depths of my foggy mind."***

**Regards from;  
All at Norwood House**



**County Care Homes**

Best Dementia Care Home Finalists The National Dementia Care Awards 2011

*Together We Care*

## July 2019

### Diary Dates

- 2nd July 19  
Sing-As-We-Go - 2:30pm
- 5th July 19  
Creative Mojo - 10am
- 8th July 19  
Brian Shaw - 11am
- 10th July 19  
Creative Minds - 10am
- 12th July 19  
Annika - 2pm
- 14th July 19  
Gwyn Pritchard - 2pm
- 16th July 19  
Sing-As-We-Go - 2:30pm
- 19th July 19  
Creative Mojo - 10am
- 21st July 19  
Vintage Cars Visit - 2:30pm
- 23rd July 19  
Barry Tone - 2pm
- 24th July 19  
Creative Minds - 10am
- 25th July 19  
Church Service - 11am
- 26th July 19  
Sharon Jarvis - 2:30pm
- 27th July 19  
Tickled Pink - 11am
- 30th July 19  
'Somethin Else' - 2:30pm

**Please join us for our events at:**

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

**Tel: 01728 668600  
Fax: 01728 667044**

**Email:  
norwood@countycarehomes.co.uk  
www.countycarehomes.co.uk**



# Happy Birthday



June saw three of our lovely ladies; Jan, Carol and Maureen, celebrating their Birthdays. All enjoyed cake, gifts and visits from friends and family.



Our staff also enjoy celebrating with our residents on their Birthdays.



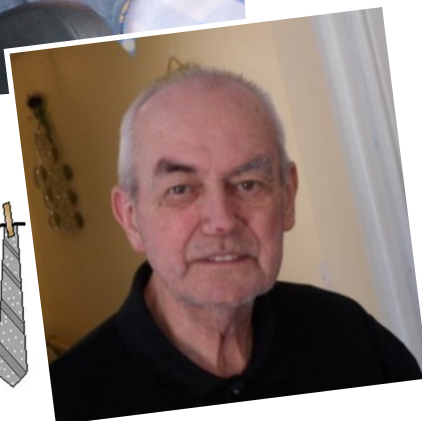
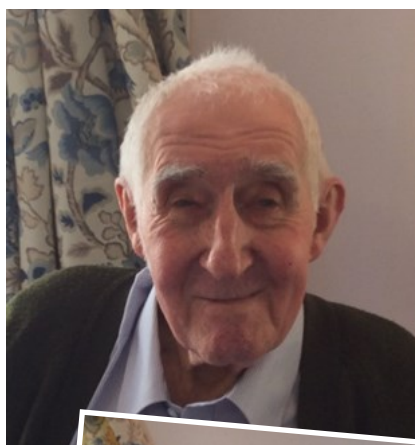
Tammy, a member of our Activities Team, also celebrated her 21st Birthday on the day she organised the Alzheimer's Cup Cake Day. Staff surprised her with a special 'Birthday Cup Cake' of her own!





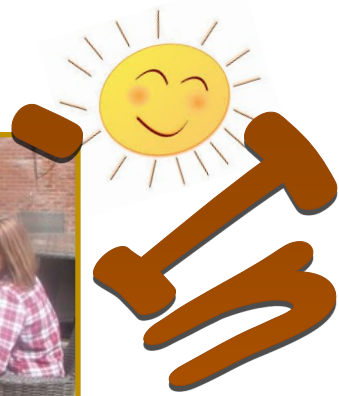


Despite having to cancel our planned Fathers' Day BBQ, some of our dad's still enjoyed visitors. To celebrate all our gentlemen residents, we have put together some photographs of them from their time here at Norwood House.





# Change



Regardless of all the rain we had in June, as soon as the sun was shining our residents wanted to be outside.



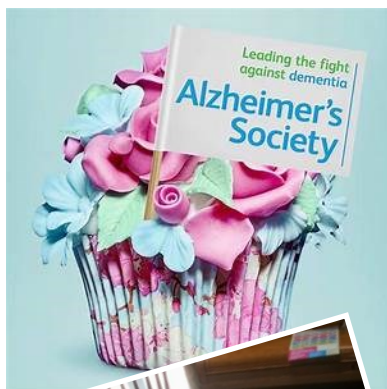
Some enjoy walking around the local area with John and Paula from our Activities Team. Others like to do a bit of planting in our raised beds; and some just like to sit and enjoy the sunshine.



**Many** thanks to Revd. Susan Warne, Revd. and everyone from our local Church of England church who regularly visit us to provide a service and hymns and prayers for some of our residents .







**A BIG THANK YOU** to everyone who supported our Alzheimer's Cupcake Day. Tammy, from Activities, and Ruth from the Kitchen, worked hard to make sure everything went well. Some cakes were made by our kitchen staff, and some were brought in by staff.

Both of them worked hard to ensure that we had plenty of Cup Cakes to sell.

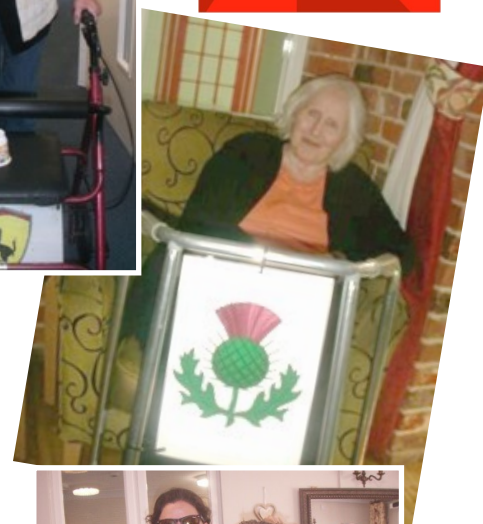
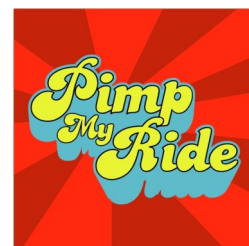


Well done!  
We raised  
**£63.33** for the  
Alzheimer's'  
Society.



**John** has been creating some unique pieces of artwork to help residents recognise their own walking frames and brighten up their wheelchairs.

Jan, who was born in Italy opted for a 'Ferrari' emblem. Geoffrey opted for some, Cards and Ruth wanted a reminder of Scotland. Joyce is particularly fond of music, as is Sandra one of our new Support Workers.



**Charles**, a former percussion musician, also always enjoys music, so a drum was apt for him.



**Don't** forget to look out for more individual wheelchair and walker signs on your next visit to Norwood House.



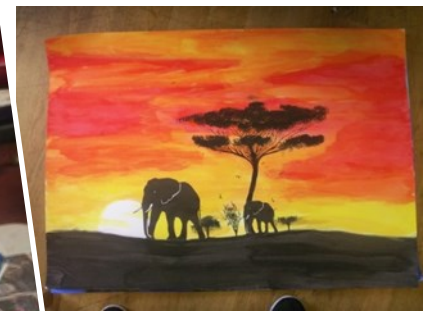




Taking part in Arts & Crafts is extremely important for some of our residents, and they have produced some wonderful artwork over the years. John, our Activities

Lead, is a keen artist and when

not working with either Creative Mojo or Creative Minds, enjoys doing 1 to 1 art with our residents.



John has been creating some wonderful backdrops for our residents to create different and interesting scenes. Our residents always enjoy doing this type of art work, so look out for some of their pictures on your next visit.







COLOR







**Our** Activities Team recently increased by two with the welcome edition of Andra and Sarah. Andra, Paula and John have been making sure our residents enjoy a morning session of 'Wake & Shake'!



Wake up  
AND  
Shake up!





**Andra** has also been keen to join in some Karaoke sessions, singing duets with Mihaela, her mum! She has also had to practice her card skills to keep up with some of our other residents.



**Our** residents always enjoy hearing a mixture of different song types, from old time favourites to new contemporary tunes. When they are able, some of them always love to get up and have a dance. Amelia, one of our new residents, loves music, and is always keen to take her turn at the mike.



Marea  
Ismael  
Victor Jara  
Blind Johnson  
Astor Piazzola  
Serrano  
Ogreda Bardack  
Emir Kusturica  
Radiohead  
Ennio Morricone  
Pietra Montecorvino  
La Rue Ketanu  
Liam Neeson  
Chet Baker  
Beatsteaks  
Quique Gonz  
Bob Dylan  
Sabina  
Janis Joplin  
The Doors  
Marianne Faithfull  
Oasis  
De Pedro  
Kiko Veneno  
Shantel  
Tom Waits  
Miles Davis  
Yanni  
Tiersen  
Pedro Guerra  
Jorge Drexler  
Vetusta Moria  
Toten Hosen  
Antonio Vega  
Jimmy Hendrix  
Platero y Tu  
Bruce Springsteen  
Chavela Vargas  
Charlie Parker  
The Rolling Stones  
Babylon Circus  
Leonard Cohen  
John Lee Hooker  
Erie Clapton  
Esperanza Spalding  
Turbostrat  
Roberto Goyeneche  
Sergio Cammariere  
Extremoduro



# County Care Homes

You are cordially invited to our

## Annual Garden Party

Saturday 17th August 2019  
from 11am to 2pm



Please join us for a wonderful day's entertainment including:

~ BBQ

~ Mr Bean Circus Skills

~ Face Painting

~ Ipswich Hospital Band

~ Mini Donkeys



# WANTED

## Garden Party Raffle Prizes



If you would like to donate a prize to our raffle, please leave it in Reception.



Once again,  
thank you for your  
continuing support.



Here at Norwood House  
all our staff like to be kept busy.....



When not in Reception, Amanda can sometimes be found in the Hairdressing Salon or doing a duet with Brian Shaw!

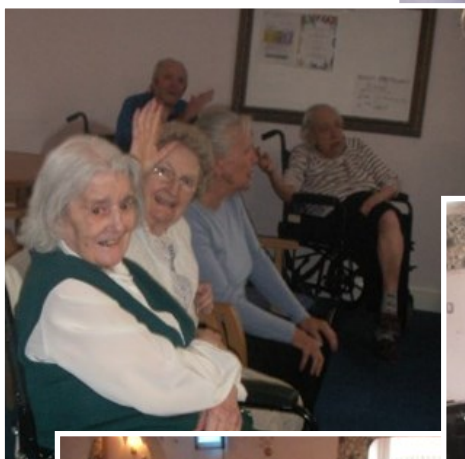




# Music

is the voice of the soul

**M**ichelle and Justine, from Sing-As-We-Go, are our most regular singers here at Norwood House. They perform a mix of 20s', 30s' 40s' and 1950s' music which is always a hit with our residents. Their music always seems to bring out the musician and singer in everyone; including in some of our less vocal and able residents. ***Don't forget they will be performing at our BBQ on the 17<sup>th</sup> August 2019 if you would like to come and enjoy singing along with them.***







**B**rian Shaw decided to increase his repertoire by singing a selection of Country & Western songs to our residents. Doreen as usual made sure she had front row seats as Brian is one of her favourite entertainers. Kay, our Hairdresser, was invited to do a Dolly Parton and Kenny Rogers number with Brian but declined the offer! Amanda,

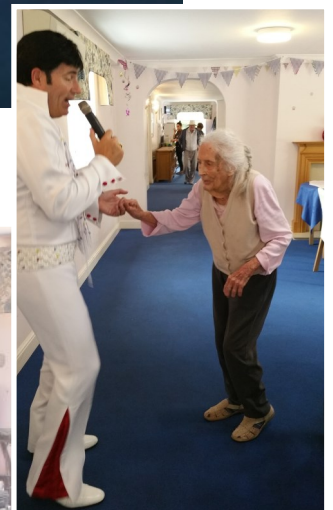
from Reception, was roped in to do it with him – Dolly Parton she is not!



**We** were delighted to welcome back to NWH Gwyn Pritchard and Barry Tone; always favourites with our residents.

**A**nnika delighted our residents with a selection of songs from the 1950's and 60's that most of our residents remembered. When not singing along, they

certainly enjoy dancing instead.

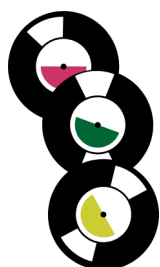






**Sharon** Jarvis loves to do some reminiscing with our residents

about singers and songs that they may remember from years gone by. They love to then sing along with Sharon. Please add the dates that our entertainers are with us to your diary and join us for some wonderful music .



**Tammy**, from Activities, regularly plays the piano for our residents. she has a beautiful voice and can quite often be heard singing to them. The tunes she plays are always relaxing and our residents enjoy just sitting and listening to her sing.







**Mr Bean** returned to Norwood House last month to bring his Circus Skills & Drumming Workshop to our residents - though some of our staff also enjoyed testing their circus skills!



**Don't** forget that Mr Bean will be at our **Garden Party on the 17th August 2019** - so why not join us and see how well you can perform!

Thank you our lovely ladies who once again did the flower displays for around our home, and in the dining room.

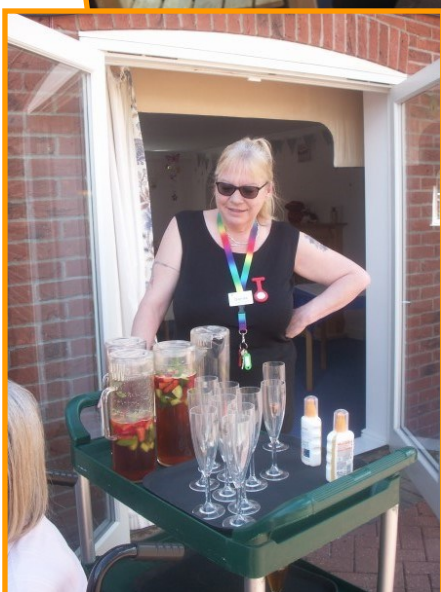
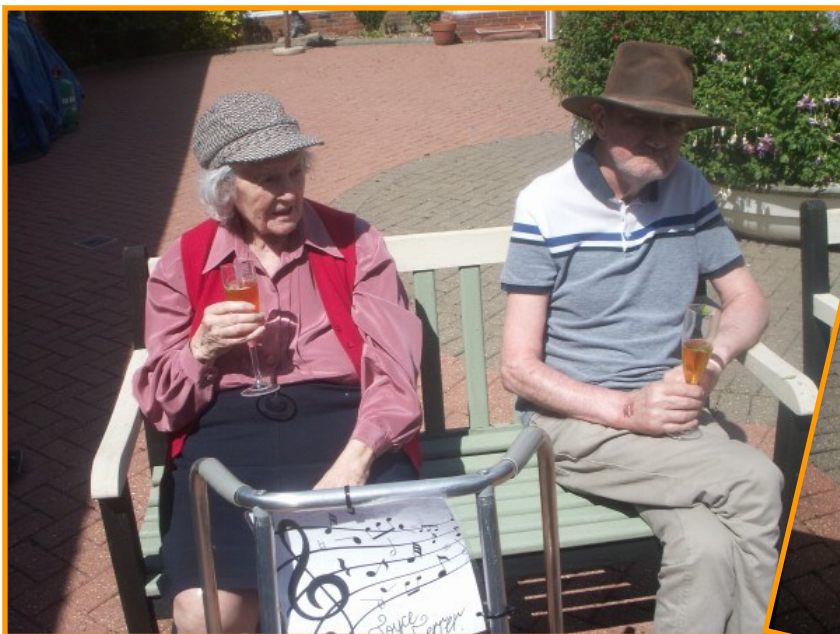




**We** were delighted to have the Ipswich Hospital Band join us again in June for a wonderful afternoon of music, sunshine and Pimms. Almost a dozen members of the band visited us, and as it was a beautiful day they played outside in our Band Stand.







**Many** thanks to Donna, one of our Support Workers, who acted as 'Bar Maid' for the afternoon. After the band had finished



playing everyone enjoyed a delicious finger buffet in the sunshine.





# Welcome

**Here** at Norwood House we love to have visitors - including the four legged ones! Maureen and Jan enjoyed seeing family and friends on their birthdays and Ruth, one of our Chefs, brought in her dog to 'meet & greet' the residents.



**Carol** enjoyed meeting Ruth's dog 'Daisy' and Abi, from Reception was extremely reluctant to let her go!



Back in May some of our residents worked with Foteini, of Creative Mojo, to make some butterflies for the 'National Care Home Open Day'. These were then sent to Devon to form part of the National Trust display. You can see our butterflies on display at:

<https://www.facebook.com/1982425798453667/posts/2674808649215375?sfns=xmo>



**County Care Homes**

Best Dementia Care Home Finalists The National Dementia Care Awards 2011

*Together We Care*

## NORWOOD HOUSE CONTACT DETAILS:

Acting Manager - Tom Horrex

County Care Homes Ltd., Norwood House, Littlemoor Road, Middleton,  
Saxmundham, Suffolk, IP17 3JZ

Tel: 01728 668600

Fax: 01728 667044

Email: [norwood@countycarehomes.co.uk](mailto:norwood@countycarehomes.co.uk)