

# Norwood News -



Dear Family, Friends and Supporters,

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.

5th November 2019 is **Guy Fawkes Night** - we were searching for the ideal Guy but then found this photo...these two are already behind bars, so what do you think?!



7th November is our **Family Fireworks** event, which all family, friends and relatives are invited to. There will be a BBQ and music from Gwyn Pritchard along with a 'quiet' fireworks display at 7pm.

10th November 2019 is **Remembrance Sunday**, and we will all be remembering those who have fought for our country. Please feel free to join us for any of the entertainment and events we offer, but as always visitors are welcome at any time even if just for a cup of tea!

Regards,  
From all at Norwood House



## Christmas Dinner

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

As you will appreciate, due to the additional catering requirements, we would like to ask that you book your meal with us before:

**25th November 19**

If you are not able to join us on Christmas Day, we will also be hosting a Christmas Dinner on Sunday 22nd December for any family members or friends that would like to join their loved one for a meal before Christmas. Again please let the Kitchen know if you would like to come so we know how many to cater for.

## November 19 Diary Dates

- **1st November 19** - Sharron Jarvis 2.30pm
- **3rd November 19** - Dennis Frere 2.30pm
- **5th November 19** - Sing As We Go 2.30pm
- **7th November 19** - Family Fireworks & BBQ 6.00pm-8.30pm
- **8th November 19** - Creative Mojo 10.00am
- **11th November 19** - Brian Shaw 11.00am
- **13th November 19** - Creative Minds 10.00am
- **15th November 19** - Annika 2.00pm
- **17th November 19** - Dennis Frere 2.30pm
- **19th November 19** - Sing As We Go 2.30pm
- **22nd November 19** - Creative Mojo 10.00am  
Something Else Party Show 2.30pm
- **25th November 19** - Gwyn Pitchard 2.30pm
- **27th November 19** - Creative Minds 2.30pm
- **29th November 19** - Sharron Jarvis 2.30pm

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

**Norwood House**  
Littlemoor Road  
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IP17 3JZ

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



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# HAPPY BIRTHDAY



**October** saw Norman, Amelia and John V enjoying their birthday celebrations with family, friends and staff. A **BIG** Thank You to our Chefs who never forget to make the Birthday Cakes to make our residents' day extra special.



## A birthday celebration for Amelia!

Amelia's family held her a surprise birthday party, with cake, presents and flowers—what more could a girl want?

The '**Manager's Lounge**' is available for celebrations if needed—please ask Management if you would like to use it.



## 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.





In aid of

# Memory walk



## Congratulations

Memory walk is a sponsored walk for all ages and abilities to unite together to raise money to defeat dementia.

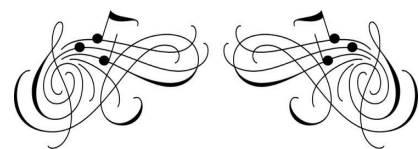
The walks are spread across England , Wales and Northern Ireland and each walk will take on a different route through either a city, woodland or a park.

Amelia's daughter Anita, her granddaughter Ashdyn and friend Emily did the Memory Walk on the 6th October , and we would like to let everyone know that they achieved the full 10K!

A huge congratulations to you all!



# Gwyn Pritchard is in the building...



As always Gwyn is a big hit with our staff and residents - he always has a smile and a memorable song to sing. Also, remember to put this in your diaries...Gwyn is our guest entertainer for our Family Fireworks and BBQ bonanza on the **7th November!**



## PICK A CARD, ANY CARD...



Residents and staff were left on the edge of their seats recently by a performance from Magician Mr Bean.

It was a great performance, enjoyed by all. Lots of residents got involved as glamorous assistants, and everybody was left questioning how they had been tricked!





# Did you know?

In Anglo-Saxon times, November was known as Blotmonap (blood month or sacrifice month)

November is the only month used to represent a letter in the phonetic alphabet

Although the word November dates back to Old English, the first known use of Novemberish, was by Robert Burns in 1793

According to research published in 2008, serial killers are more likely to be born in November than any other month

In Finland, November is called "marraskuu" or "month of the dead". It is the time of souls in Hell

According to the 17th-century astrologer Richard Saunders: "In this moneth (November), Melancholy much increaseth." He recommended eating eggs and honey and vomiting sometimes

November's sky is chill and dread, November's leaf is red and sear (withered)."

Sir Walter Scott

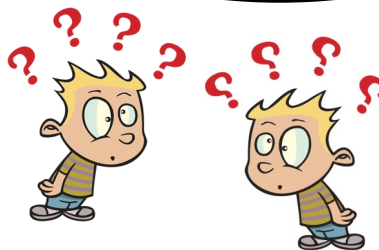
November in the Northern Hemisphere is similar to May in the Southern Hemisphere



SAGITTARIUS



SCORPIO



## NOVEMBER ASTROLOGY SIGNS

### Famous November Birthdays -

**Jonathan Swift**, author of "Gulliver's Travels": November 30, 1667

British statesman **Sir Winston Churchill**: November 30, 1874

Famed TV journalist **Walter Cronkite**: November 4, 1916

The first female Prime Minister of India, **Indira Gandhi**: November 19, 1917

**Bruce Lee**, martial artist and film star: November 27, 1940

Celebrity chef and restaurateur **Gordon Ramsay**: November 8, 1966



# THE DAVID SILVER



## HONDA COLLECTION

150 models from 1950s to 1990s



### A BIKER'S DREAM DAY OUT...

Thank you so much to David Silver who gifted Norwood House four tickets to visit his one of a kind Honda Motorbike Museum

In the Collection you will find over 200 different models produced by Honda from 1947 to 1992. Starting with the very first Honda model, the 1947 A-type and finishing with the 1992 NR-750 and CBR 900RR fireblade - a fitting tribute is provided to the period of Soichiro Honda.

We cannot express how enjoyable this visit was to our motorcycle enthusiasts Stan and Paul, and John from Activities!







# HAPPY HALLOWEEN!

Halloween was a busy day at Norwood House - a pumpkin carving competition, Halloween cookie baking, fancy dress and even spooky arts and crafts!



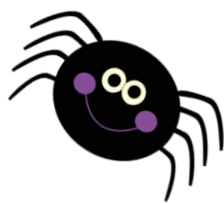
Staff made a great effort with dressing up for the occasion, and our resident-staff teams of pumpkin carvers were getting competitive as to who could make the best creation! All pumpkins were judged by Tom and Abi before being lit and put outside to warn off any bad spirits!







There were scary pumpkins, funny pumpkins, very creative pumpkins (well done to the staff!) but the overall winner was Neville (assisted by AJ) with his smiley pumpkin, which looked suspiciously like Neville himself!



Staff and residents then enjoyed baking some Halloween-themed oat cookies, cut into skulls, witches hats and ghosts! Thank you to the Kitchen who helped with this and also made some spooky additions to the tea trolley!



Our Chefs also treated us to some 'Pizza Pumpkins' at lunch time, which you will be able to find the recipe for in our new **'Chef's Corner'** feature!





# CREATIVE MINDS...



Our residents always enjoy a visit from Kerina at Creative Minds, and it is always fun to learn some new art techniques...

New resident Trevor and his wife Rachael enjoyed joining in with the creations of Halloween pastel drawings!



## A VERY POPULAR VISITOR...

'Little Blue' is an 8-week old Russian Blue kitten. During his birth his mother became ill and he was handed to a charity for hand rearing. Kay's (our hairdresser) daughter has been Little Blue's 'cat mum' since and allowed him to Norwood for a visit!

Residents and staff were besotted with Little Blue, who was more than happy to sit for cuddles! Lots of our residents were previously cat owners and have not seen a cat since moving to Norwood, so plenty of people were keen to have a stroke!

Thank you Kay!



## Chefs



## Corner

### Mini 'Pumpkin' Pizzas

Makes 8 / Takes 50 Minutes

#### INGREDIENTS

- \* 60g pizza pepperoni
- \* 80g grated mozzarella
- \* 100g tomato pizza sauce
- \* 15g fresh basil leaves
- \* 2 x 280g packs ready-rolled pizza dough
- \* 1 egg yolk

#### METHOD

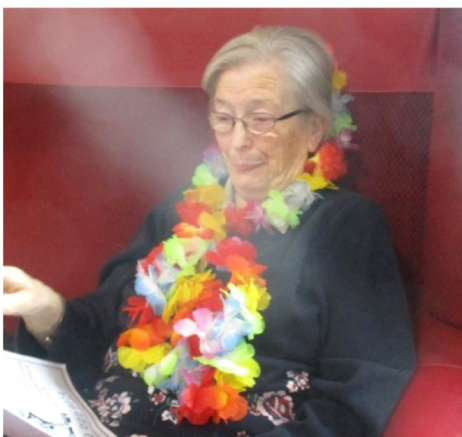
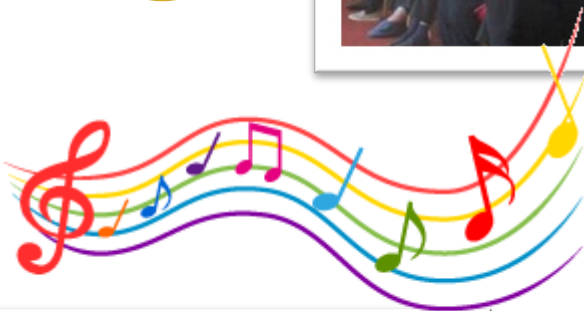
1. Preheat oven to 200°C/180°C fan, and put a large baking tray inside
2. Chop pepperoni and mix with mozzarella, tomato sauce and basil
3. Unroll pizza bases and cut into quarters
4. Put 1/8 of the tomato mixture into the centre of each triangle. Bring the sides up and over the filling and press to seal. Trim the excess dough to make a ball
5. Cut 8x1-metre pieces of kitchen string. Create the pumpkin effect by tying the string around each ball like a parcel, looping it around 4 times to make 8 segments
6. Pull the string just tight enough so the dough bulges slightly, tie the ends and trim
7. Mix the egg yolk and paprika in a bowl and brush all over the pumpkins. Put them on the hot tray, seal-side down, and bake for 20 minutes. Flip and bake for a further 10 minutes.
8. Run a knife under the pumpkins to free them from the tray. Allow to cool for 5 minutes before snipping the string off. Make a stalk using basil leaves or halved pecan nuts.



# Tickled Pink Productions!



The entertaining team from Tickled Pink visited Norwood and brought the spirit of the seaside with them to brighten up an Autumn's day!



Lots of residents (and staff) got involved with dressing up and joining in with the nostalgic songs. Another fantastic performance from Tickled Pink who are going to be joining us again for performances soon!





## Why do potatoes make such good detectives?

Because they always keep their eyes peeled!



Staff and residents joined forces one Saturday to help the Kitchen in peeling potatoes for the Sunday Roast! We like to keep our residents busy and enjoying remembering their past - and as many of them have probably been peeling potatoes for 60+ years we thought we could learn a thing or two!



### Potato Facts...

- Potatoes are not part of the root of the plant, they are a part of the stem
- In 1995, potato plants were taken into space with the space shuttle Columbia—this marked the first time any food was ever grown in space
- The world's largest potato weighed in at 18 pounds, 4 ounces. This is enough for more than 70 portions of medium fries at McDonalds. This gigantic potato was found in England in 1795



WE NOW HAVE OUR MENU AND ACTIVITIES BOARDS UP IN THE DINING ROOM, SO KEEP AN EYE ON THESE FOR FUTURE EVENTS AND THE DAILY MENU. ALSO A REMINDER THAT OUR FAMILY FIREWORKS EVENT IS ON 7TH NOVEMBER FOR ANY FAMILY MEMBERS AND FRIENDS THAT WOULD LIKE TO ATTEND





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### **NORWOOD HOUSE CONTACT DETAILS:**

Manager - Tom Horrex

Acting Deputy - Abi Pipes

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