



# Norwood News -

## SEPTEMBER

sweet heavy scents of apple orchards – piles of leaves are tossed into the air – rakes scrape across lawns – flannels rest lazily – gusts of wind gently knock on windows – brown leaves glow gold under the warm setting sun

op. iv – p.l.

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## September Birthstone

• Blue Sapphire •



In ancient Greece, royals were convinced that **blue sapphires** protected their owners from envy and harm. During the Middle Ages, people thought the gem attracted heavenly blessings. Others instilled sapphires with the power to guard chastity, make peace between enemies, influence spirits, and reveal the secrets of oracles.

## SEPTEMBER BABY

**Active and dynamic. Decisive and hasty but tends to regret. Attractive and affectionate to oneself. Strong mentality. Loves attention. Diplomatic. Consoling, friendly and solves people's problems. Brave and fearless. Adventurous. Loving and caring. Suave and generous. Usually you have many friends. Enjoys to make love. Emotional. Stubborn. Hasty. Good memory. Moving, motivates oneself and others. Loves to travel and explore. Sometimes sexy in a way that only their lover can understand.**



**County Care Homes**

Best Dementia Care Home Finalists The National Dementia Care Awards 2011

*Together We Care*



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## **Keeping Safe Together**

### **Our commitment to you:**

- **The safety of our residents and staff is paramount at all times.**
- **All our procedures and changes are in line with Government guidance and underpinned by Covid-19 risk assessments.**
- **All Staff have received training and instructions in Covid-19 awareness and infection control.**
- **We are undertaking an enhanced infection control programme of cleaning the home.**
- **We are providing all visitors and staff with Personal Protective Equipment.**

### **Your commitment to us:**

- **If at any time you experience Covid-19 symptoms, you must advise us immediately.**
- **Please sanitise your hands before entering our home and wash your hands frequently for at least 20 seconds.**
- **Please observe directions given by the staff and respect social distancing between yourself and other visitors, residents and staff.**
- **Practise good respiratory hygiene – Catch it, Bin it, Kill it.**

## **Thank you**



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*Together We Care*

## Keeping Safe Together



### A Friendly Reminder

**Before entering our home, it is mandatory to:**

- Provide your contact details so we can track and trace you if necessary
- Have your temperature taken
- Sanitise your hands
- Wear a face mask or covering at all times – If you are exempt or unable to wear a face covering, we ask you to please wear a clear visor which we will provide.

**Thank you**





### Staff Egg & Spoon race

Our Manager Alastair starting off the race strong with his agile movements to the bench and back ready to pass the egg to the next member of staff.

All staff got a little bit competitive, if they say they didn't I think that may have been a little white lie :)





# Egg & Spoon Race Rules

Each team **MUST** consist of 5 members of staff.

Each team will race all 5 members and this will be timed.

The winning Team will be the fastest timed (including penalties)

**Penalties-5 second for every time the egg is touched by anyone's hand during your race for more than 2 seconds (no you can't hold the egg for the entirety of the race and only expect 5 second penalty)**

Race starts with 1<sup>st</sup> team member sitting on their chair with egg and spoon in hand (clock starts when you leave the chair)

Race finishes when last person in their team returns to a seated position

The course will be to the chair at the end of the course and back.

On route the "racer" must take up the seated position on the chair at the opposite end of the course before getting up again and completing the course from the starting chair where the next member of the team **MUST** be seated ready to take over control of the Egg and Spoon.

**Team finishing last (slowest team including penalties) will have their team Leader placed in the "stocks" on a suitable (weather dependent) Thursday games afternoon and be "pelted" with wet sponges (until the staff participants money runs out....£1 for three throws...all proceeds to staff funds.)**

**Now the Fun Bit !!!!**

One of the 4 eggs (one for each team) is "runny"....the other 3 are hard boiled.

Should the unlucky team (eggs chosen at random from a tub) to have and break the runny egg **MUST** gain a new Egg from the point on the course designated and continue from the point that

**Taking part is optional...having fun is mandatory**









**Happy 71st Wedding Anniversary to Pauline and Len. We hope you had a wonderful day with one an other and your family.**



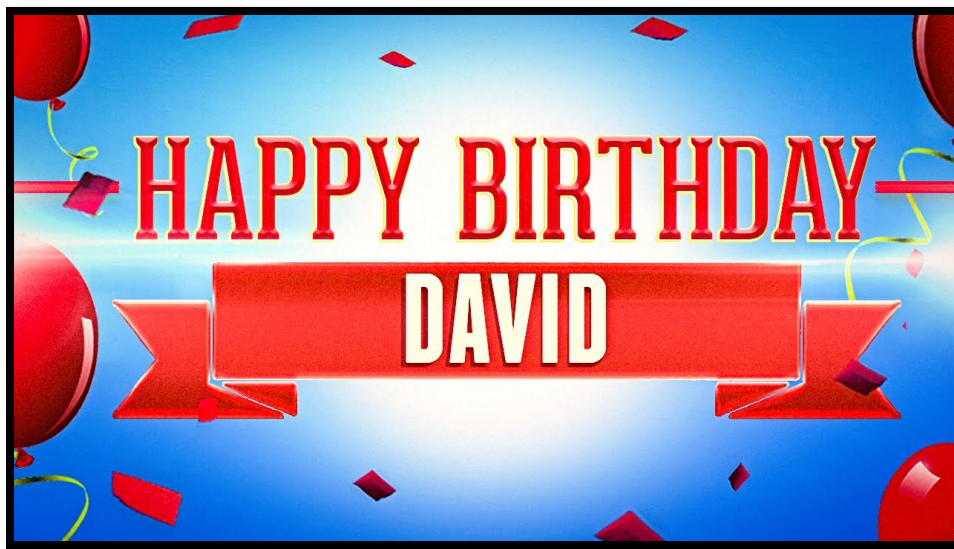




**Iris enjoyed her birthday celebrations with a beautiful cake from the kitchen and opened her cards and presents with all the residents in the dining room.**







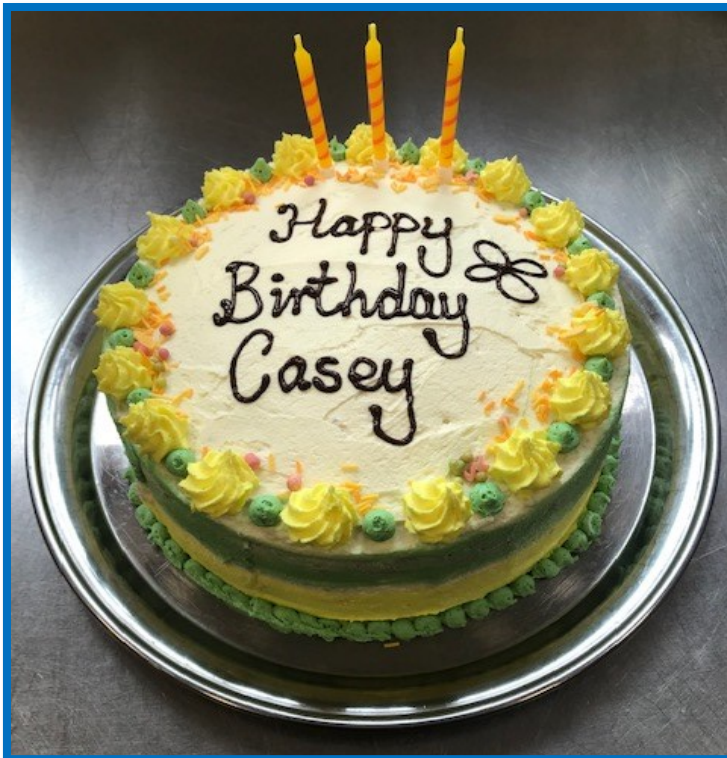
Happy Birthday to David. Staff, family, and friends visited Norwood House to see David, to make his day just that little bit special. David's eyes lit up when his cake was brought out.





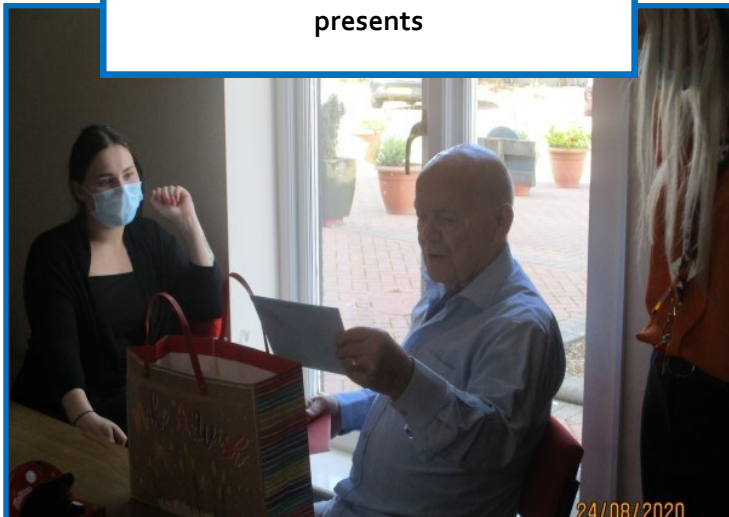
# Happy Birthday. Casey!

Casey celebrated his birthday with a lovely cake shared with all the residents

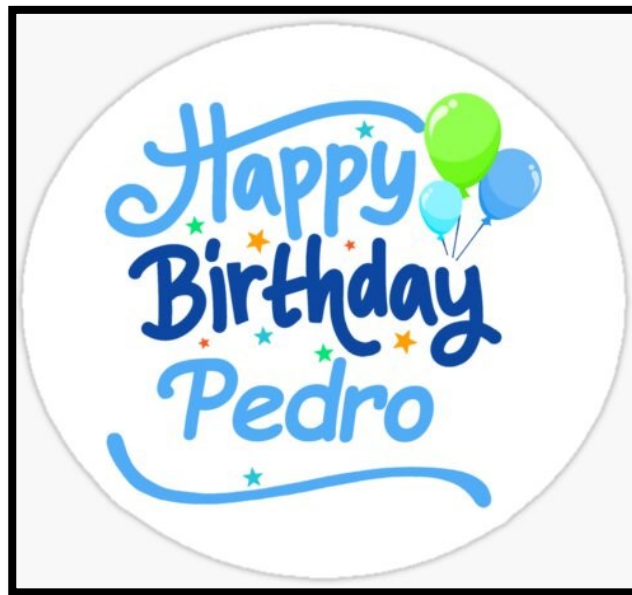


He cheered everyone's efforts at signing him happy birthday!

Casey opening his Birthday cards and presents







**Here at Norwood House we like to make sure we Celebrate all Birthdays, Staff and Residents.**





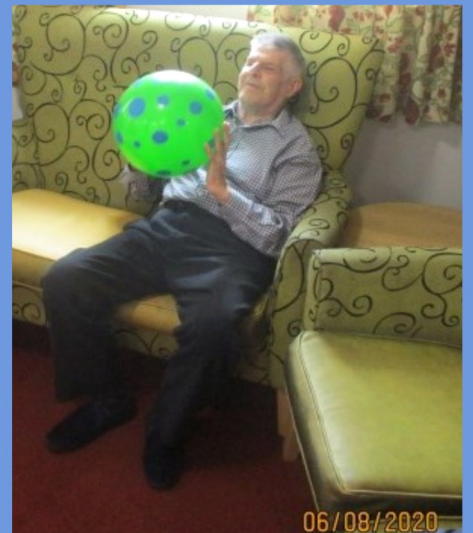
# Ball Games



**The residents play group ball games to maximize their fitness and maintain interaction with each other. They played games of catch, carpet bowls and skittles.**



# Ball Games





# Target Practice

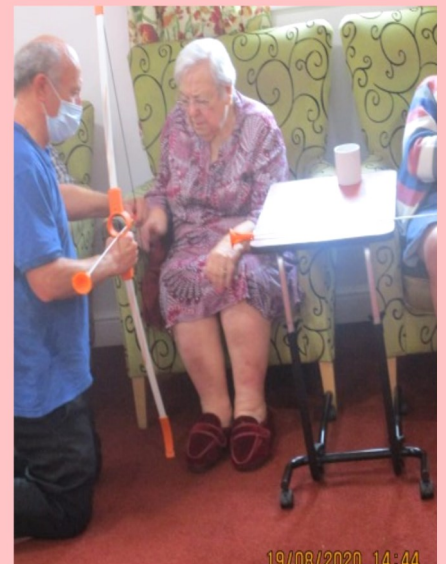


Our New Bow  
& Arrow set  
seems to be a  
big hit with the  
residents and  
staff.





# Target Practice





# Flower Arranging

A close-up photograph of a vibrant bouquet of flowers, featuring several pink roses and large white daisies with yellow centers, all with green foliage.

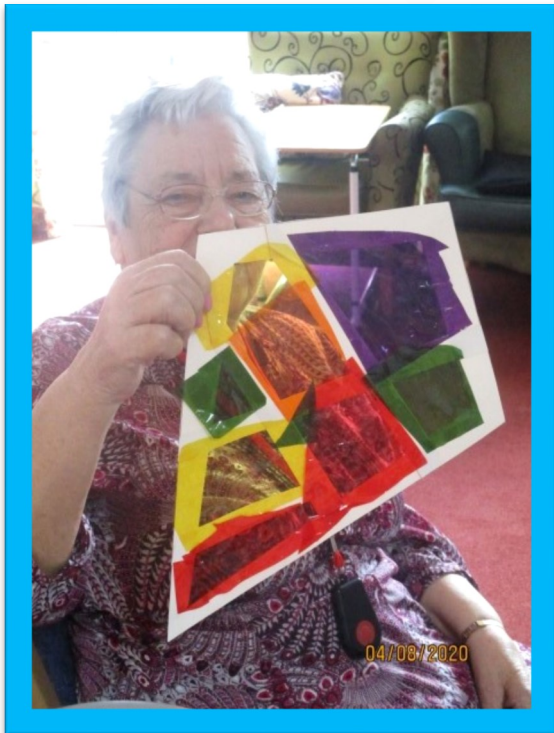
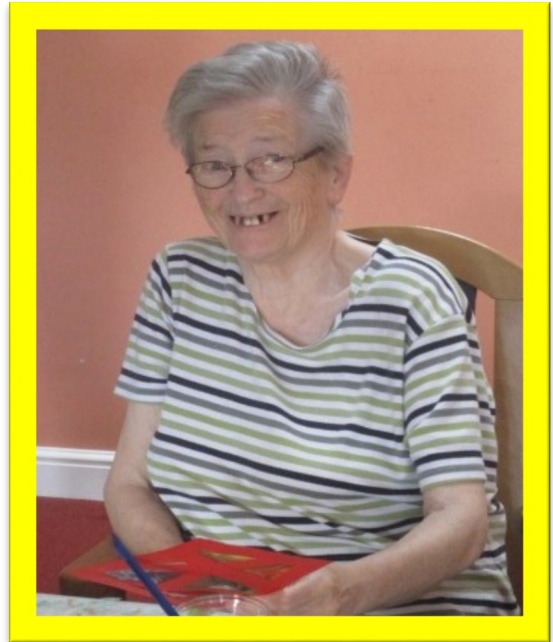
A few of our residents got together with the Activities staff and arranged some beautiful flowers to go round the home.





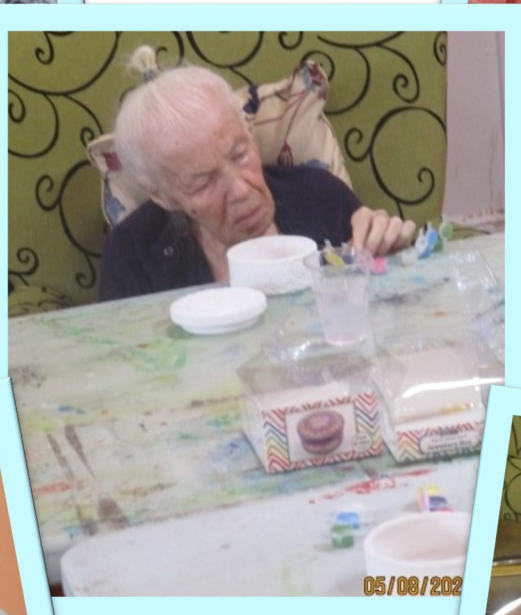


The Activities team set up their creative table for the residents and staff to make some Kites.



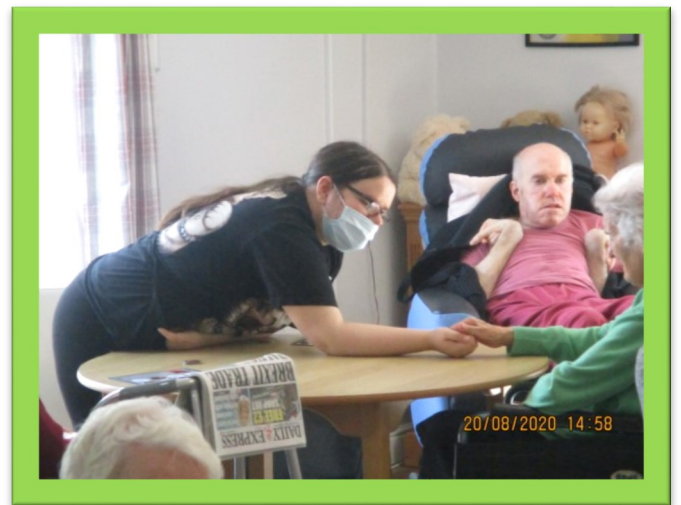


**The ladies of Norwood House had  
a lovely afternoon painting and  
decorating pottery jewellery box's**





# MUSICAL BINGO





In the afternoon once the residents have let their lunch go down they spend some time in the lounge reading or playing tennis.





## Contact Details

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**We look forward to assisting you**