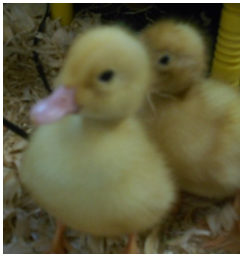


Norwood News -



Dear Family, Friends and Supporters,

Once again April was another busy month for us here at Norwood House. We had lots of visitors, entertainers, birthdays and still managed to find time to hatch out some 'Ducklings'!



It was also wonderful to welcome some new residents and members of staff to NWH in April. No doubt we will soon be used to all the new faces. Our new General Manager, Cathryn Weed, would like to get to know our residents relatives, so please make a note of when she will be hosting some meet and greet days.

Our residents also enjoyed celebrating St George's Day and the Queens Birthday.

We would like to remind everyone that the doors of Norwood House are always open for visitors at any time, and our residents particularly enjoy having lunch with their visitors or just watching some of the varied entertainers that we have on site.

Please make a note of the dates for all our events in your diaries. We look forward to you joining us soon.

Regards,
All at Norwood House



If you would like to receive a copy of the Newsletter via email, please see a member of the Reception staff. Thanks



County Care Homes

Best Dementia Care Home Finalists The National Dementia Care Awards 2011

Together We Care

This Month's Activities!

- **1st May 18**
Singer - Annika
2pm
- **4th May 18**
Wild Science 10am
- Singer - Sharon Jarvis
2:30pm
- **7th May 18**
Singer - Mike Pritchard
2:30pm
- **18th May 18**
Singers - Sing-as-we-Go
2:30pm
- **10th May 18**
Singer - Brian Shaw
2pm
- **11th May 18**
Fotèini Crafts 10am
- **14th May 18**
Singer - Geoff Dukes
2:30pm
- **17th May 18**
Trip to Southwold
- **18th May 18**
Creative Minds 10am
Singer - Sharon Jarvis
2:30pm
- **21st May 18**
Singer - Barry Tone
2:30pm
- **24th May 18**
Fotèini Crafts 10am
Singer - Jack Austin
2:30pm
- **28th May 18**
Singer - Geoff Jukes
2:30pm
- **28th May 18**
Frantic Theatre 2pm

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

NOTICE FROM THE DIRECTORS

We are delighted to announce the appointment of a new General Manager, Cathryn Weed and new Deputy Manager, Rebecca Bewley.

Both Cathryn and Rebecca bring with them a wealth of experience, knowledge, integrity and compassionate care. Above all they have the same high standards as us and wish to deliver the very best person centred care to each and every one of our Resident Guests.

We know they are keen to meet you all. No doubt they will introduce themselves to you when you next visit.

This is an exciting time as we also expand Norwood House into a Dementia Care Village and Spa. These new facilities will include: self-contained one and two bedroom bungalows, a shop, pub, café and treatment rooms designed to promote supported independent living for couples and individuals within the safe environment of Norwood House. The first in East Anglia.

Kindest Regards

Gareth and Enid Nixon-Moss



April saw the arrival of three new residents to Norwood House - John, Margaret and Iris



John has moved to us from Harrogate having spent his working life as a 'Textile Machinery Sales Manager', and has travelled for work all over Scotland and the UK. As a keen DIY enthusiast, over the years he has enjoyed buying and restoring houses and has lived in over 30 houses! John has also enjoyed having a new car on a regular basis and we are reliably informed that these probably out number the amount of houses lived in!

Margaret has been a delightful addition to our home and has settled in wonderfully. In the 1950's she emigrated to Australia, under the then Government's '£10 Pom' scheme. She lived there for a number of years before returning to the UK to work as a Secretary at the Great Ormond Street Children's Hospital.

Eventually she moved to work at the Flatford Mill Field Centre where she fell in love with Suffolk and has lived in the county ever since. She is a keen Gardner and has a great love of Opera.



Iris joined us at the end of April from living in Reydon. She is formerly an employee of 'Waveney Apple Growers' so there is not much she doesn't know about apples. Iris has two children and three grandchildren. She has always enjoyed doing craft work and is a keen Knitter and enjoys colouring. I'm sure Iris will enjoy being part of our 'Knit & Natter' group.

Our Activities Planner ~ May 2018

<p>1st Wake & Shake 1-2-1 Activities MOVIE Singer - Annika 2pm</p> 	<p>2nd Wake & Shake Hairdressing Arts & Crafts</p> 	<p>3rd Wake & Shake 1-2-1 Activities Games Day</p> 	<p>4th Wake & Shake Hairdressing 1-2-1 Activities Wild Science 10am Singer - Sharon Jarvis 2:30pm</p> 
<p>5th Wake & Shake Craft Day BINGO Creative Crafts</p> 	<p>6th Wake & Shake 1-2-1 Activities Bowling & Bean Bags</p> 	<p>7th Wake & Shake 1-2-1 Activities Hairdressing Singer - Mike Pritchard 2:20pm</p> 	<p>8th Wake & Shake 1-2-1 Activities Singers - Sing-as-we-Go 2:30pm</p> 
<p>9th Wake & Shake Hairdressing Arts & Crafts</p> 	<p>10th Wake & Shake BOWLING Singer - Brian Shaw 2pm</p>	<p>11th Wake & Shake 1-2-1 Activities Hairdressing Fotèini Crafts 10am</p> 	<p>12th Wake & Shake 1-2-1 Activities NAIL CARE</p> 
<p>13th Wake & Shake GAMES BINGO & Activities</p> 	<p>14th Wake & Shake 1-2-1 Activities Hairdressing Singer - Geoff Dukes 2:30pm</p> 	<p>15th Wake & Shake 1-2-1 Activities MOVIE BINGO</p> 	<p>16th Wake & Shake Hairdressing Bowling & Games</p> 
<p>17th Wake & Shake 1-2-1 Activities Trip to Southwold</p> 	<p>18th Wake & Shake 1-2-1 Activities Hairdressing Creative Minds 10am Singer - Sharon Jarvis 2:30pm</p>	<p>19th Wake & Shake 1-2-1 Activities Royal Wedding Events & Activities</p> 	<p>20th Wake & Shake 1-2-1 Activities Baking Nail Care</p> 
<p>21st Wake & Shake Hairdressing Singer - Barry Tone 2:30pm</p> 	<p>22nd Wake & Shake 1-2-1 Activities</p> 	<p>23rd Wake & Shake Hairdressing Bingo & Games</p> 	<p>24th Wake & Shake Nail Care Parachute Games Fotèini Crafts 10am Singer - Jack Austin 2:30pm</p>
<p>25th Wake & Shake Hairdressing Baking</p> 	<p>26th Wake & Shake 1-2-1 Activities Games & Activities</p> 	<p>27th Wake & Shake Nail Care & Arts & Crafts</p> 	<p>28th Wake & Shake Hairdressing 1-2-1 Activities GAMES Singer - Geoff Dukes 2:30pm</p>
<p>29th Wake & Shake 1-2-1 Activities MOVIE</p> 	<p>30th Wake & Shake Hairdressing Frantic Theatre 2pm</p> 	<p>31st Wake & Shake Knitting Club Bowling & Games</p> 	

Hello from Our New Manager

Following the letter sent out recently from Cathryn, here is a reminder of the dates she is hosting her 'coffee, cake and chat' sessions to meet with relatives:

Saturday 5th May @ 1400hrs

Saturday 9th June @ 1400hrs

Saturday 28th July @ 1200hrs

Saturday 15th September @ 1200hrs

Saturday 3rd November @ 1200hrs

Saturday 15th December @ 1200hrs

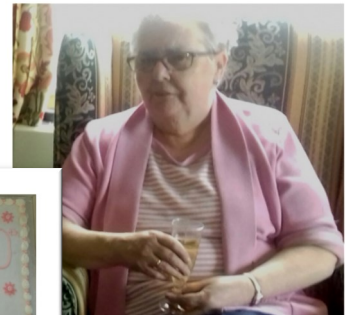
Cathryn is looking forward to getting to know our residents and their relatives and would be delighted to meet you. Just pop in on the day or let us know what date you would like to visit.

Our Managers
'Word of the Month'
'Mindfulness'

"Be Mindful of Each Other"

Family Celebrations

Percy, one of our residents, recently enjoyed celebrating his wife, Margie's, birthday with lots of family and friends. They all enjoyed an afternoon of catching up on family news with a little glass of something special and a slice of Birthday Cake on the side.



Happy 70th
Margie



Four of our residents enjoyed celebrating their birthday's with us in April. As usual the Chef's produced a great selection of cakes and special treats.



to Margaret, Geoffrey, Barbara and Pauline A, for an extra special Happy Birthday.

It was delightful to see Barbara enjoying her birthday with her family.



As you know, here at Norwood House our ladies always enjoy a little bit of pampering. However, sometimes there are just too many hair styles to choose from!



'Exciting Easter Eggs'

At the start of the month we held our Easter Raffle, and had 24 eggs and gifts, many donated by relatives, to raffle off.



We made an amazing £145! A **BIG** Thank You to everyone who purchased raffle tickets. All the money raised has been put towards the various activities and events organised for our residents.

Our residents each received an egg on Easter Sunday, and some also took part in the 'Egg Hunt' to look for a few extra chocolate treats.

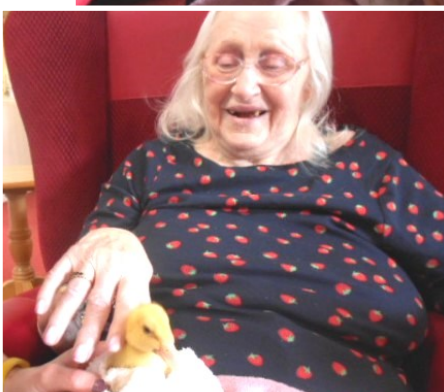




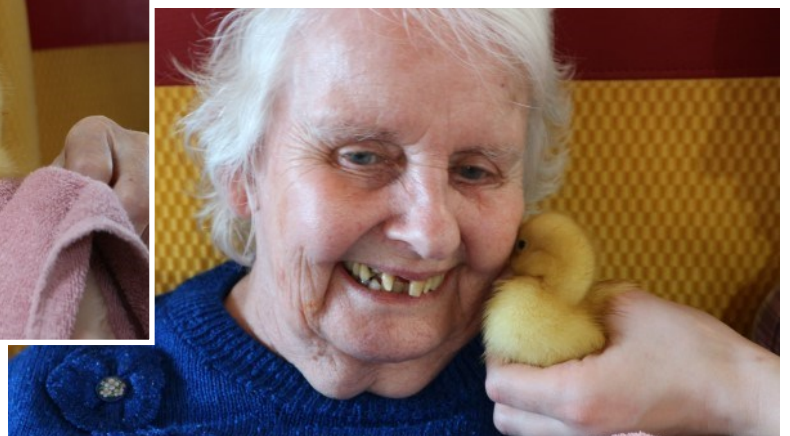
was definitely in the air in April as we all enjoyed the lovely warm weather. Outside the flower beds at the front of Norwood House have certainly seen flowers blooming, and inside we have seen 'Ducklings Hatching!

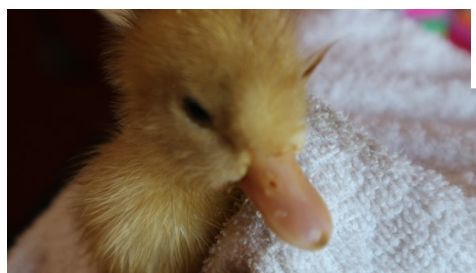
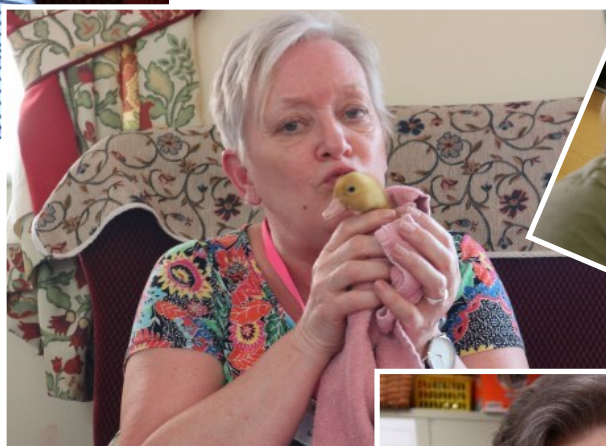
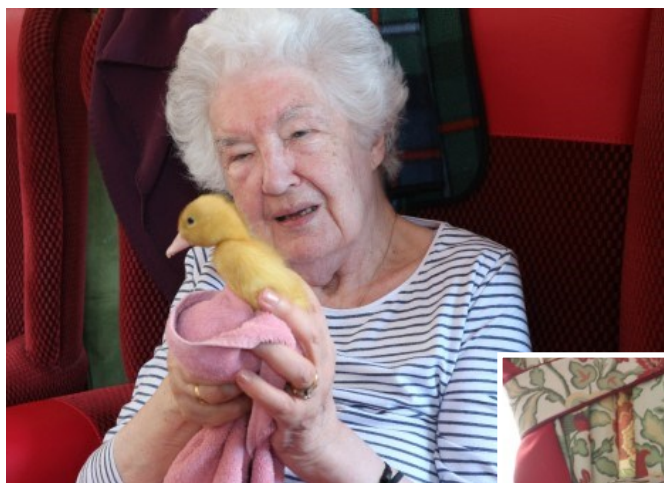


Our residents not only enjoyed watching the eggs hatch, but also holding the ducklings when they arrived. They were a great hit with all the residents, their visiting family members and friends, and our staff.



Shirley and her sister certainly enjoyed handling the ducklings.





Rebecca, our new Deputy Manager, caught trying to smuggle out a duckling - well maybe not!

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.

31st May 2018

2.00pm.....
2.15pm.....
2.30pm.....
2.45pm.....
3.00pm.....
3.15pm.....

June 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

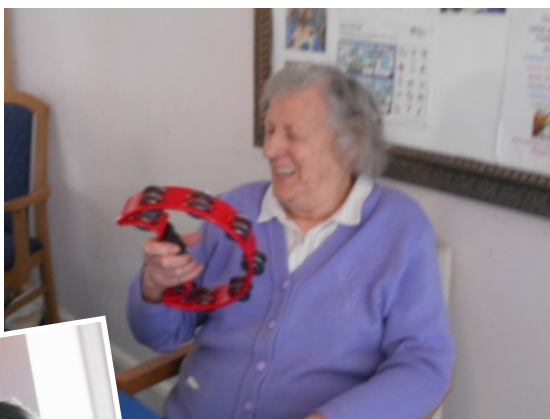
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In April it was nice to Have Brian Shaw, Geoff Jukes, Mister John, Annika, Tony Lambrini and Sharon Jarvis join us to entertain our residents.

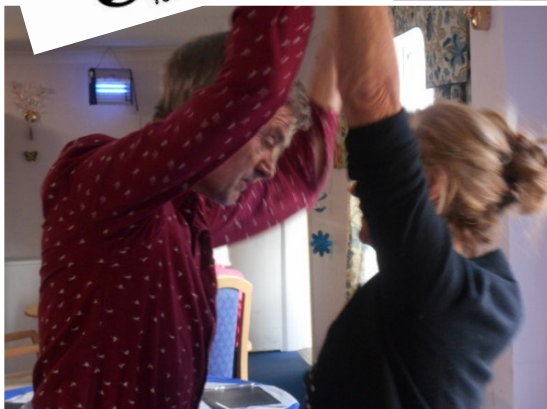
Our residents always enjoy a good sing-along or getting up to have a dance to the music - our staff are not adverse to joining in too.



Let's Sing Together



Music is what feelings sound like.





Don't forget that our doors are always open to visitors day or night. Remember even if you only have time for a quick chat and a cup of tea (or are staying to lunch) you are always welcome, and all our residents enjoy having someone come in to see them.

Let's get Creative

April saw our residents being kept busy with all the different arts and craft projects taking place around the home. Some enjoyed making their own Easter Cards to send to family members, whilst others have been busy knitting squares to make a blanket for the Neo Natal Baby Unit at Ipswich Hospital. They have been very busy and so far have knitted 56 squares. Well Done!

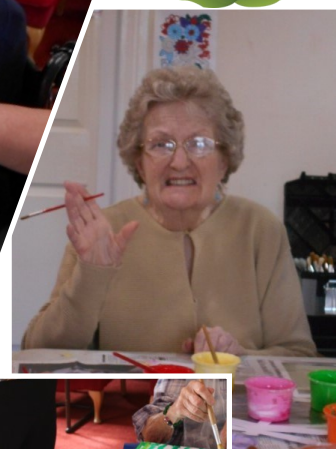


Shirley, Pat and Dorothy
- part of the 'Knit &
Natter' group.



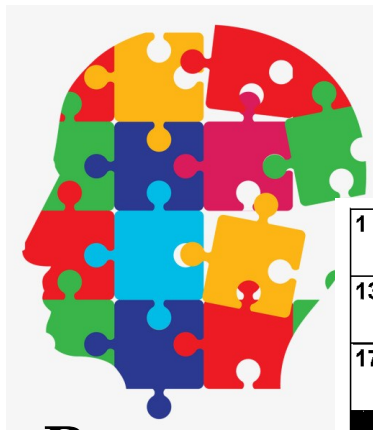
Pat, Dorothy and Neville all busy making crowns
for the residents as part of our St Georges Day
Celebration.

Fotèini from Mojo Creative Crafts has been in to work with our residents on some wonderful displays for our home. Please look out for them on your next visit.



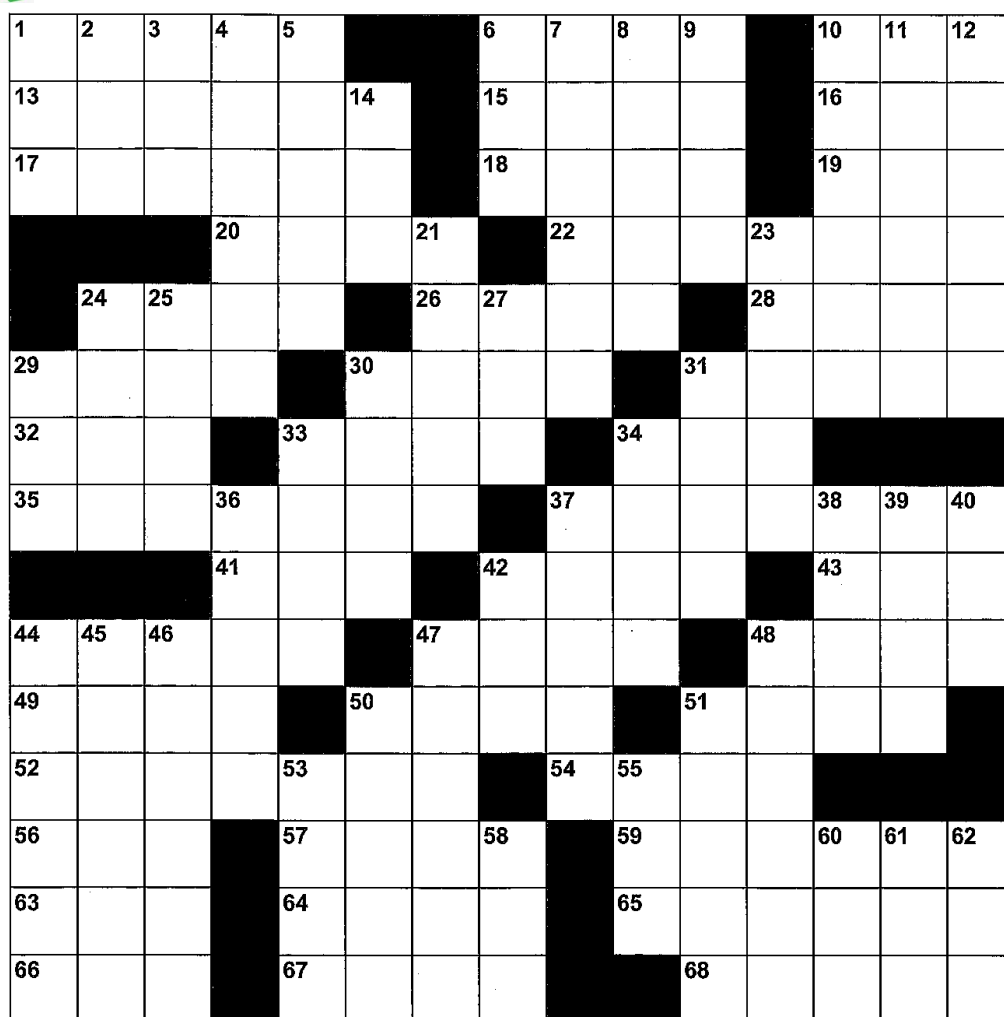
Creative Minds were also in to work with some of our residents . Their work has made a beautiful display in the Visitors Reception Lounge.





MAY PUZZLE

Remember to keep you brain active and have a go at this month's 'Brain Teaser'. Answers will be published in the June Newsletter, so you can see how you got on!



ACROSS

- 1 Third month of the year
- 6 Replace a striker
- 10 Abdominal muscles (abbr.)
- 13 Musical productions
- 15 Canal
- 16 Vase
- 17 Politeness
- 18 Part of a semester
- 19 Thirst quencher
- 20 Baby bed
- 22 Conditions of the sky and air
- 24 So we see
- 26 Due
- 28 Slime
- 29 Mined metals
- 30 Absent without leave
- 31 Hooked up
- 32 Evergreen tree
- 33 Blintz
- 34 MI
- 35 Renounce
- 37 Carnal
- 41 Attempt
- 42 Crimp
- 43 Nervous system
- 44 Peaks
- 47 Skein of cloth

DOWN

- 48 Sleigh
- 49 Oxford
- 50 Jellystone's bear
- 51 Unfreeze
- 52 Top quality steak
- 54 Challenge
- 56 Wing
- 57 Stacked mattresses
- 59 Went boating
- 63 Peaked
- 64 Tub spread
- 65 Probably
- 66 Caustic substance
- 67 Swirl
- 68 Subject

DOWN

- 1 Modern
- 2 Copy
- 3 Reverend (abbr.)
- 4 Herb with spring flowers
- 5 Head growth
- 6 Adjust
- 7 Embroidery yarn
- 8 Uttered
- 9 Torah table
- 10 Penman
- 11 Move rapidly
- 12 Trapped
- 14 ___ Lanka
- 21 Kind of knife
- 23 Grinds
- 24 Triad
- 25 Frau's husband
- 27 Aced
- 29 Disconnected
- 30 Alcoholic
- 31 Natural movement of air outdoors
- 33 Rods
- 34 Liquefy
- 36 Brace oneself
- 37 Compact
- 38 Ca. University
- 39 Afresh
- 40 Drug

- 42 Driving hazard
- 44 Attack violently
- 45 Frigid
- 46 Team spirit
- 47 Bound
- 48 Ruler
- 50 Output
- 51 Attribute
- 53 Double-reed instrument
- 55 American sign language
- 58 Legume
- 60 Downwind
- 61 Tree
- 62 Change color

