



Norwood News -



Chrysanthemum

NOVEMBER BIRTH FLOWER

Friendship
Joy
Happiness

November

easily approachable
full of brilliant ideas
adventurous
determined
inquisitive
generous
courageous
forward thinking
honest and trustworthy
good-humored and playful

November

TOPAZ
&
CITRINE



Consistency, success
and wealth.

Ancient Greeks thought Topaz
could render the wearer invisible,
making it an excellent gem for
spies and thieves.



Travellers in the Middle Ages
would wear Citrine to protect
against venomous snakes.



Only Russian royalty was allowed
to own Imperial Topaz mined in
the Ural Mountains, hence its
name.



Place a Citrine in the far left
corner of your home to attract
wealth and abundance.

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County Care Homes

Best Dementia Care Home Finalists The National Dementia Care Awards 2011

Together We Care

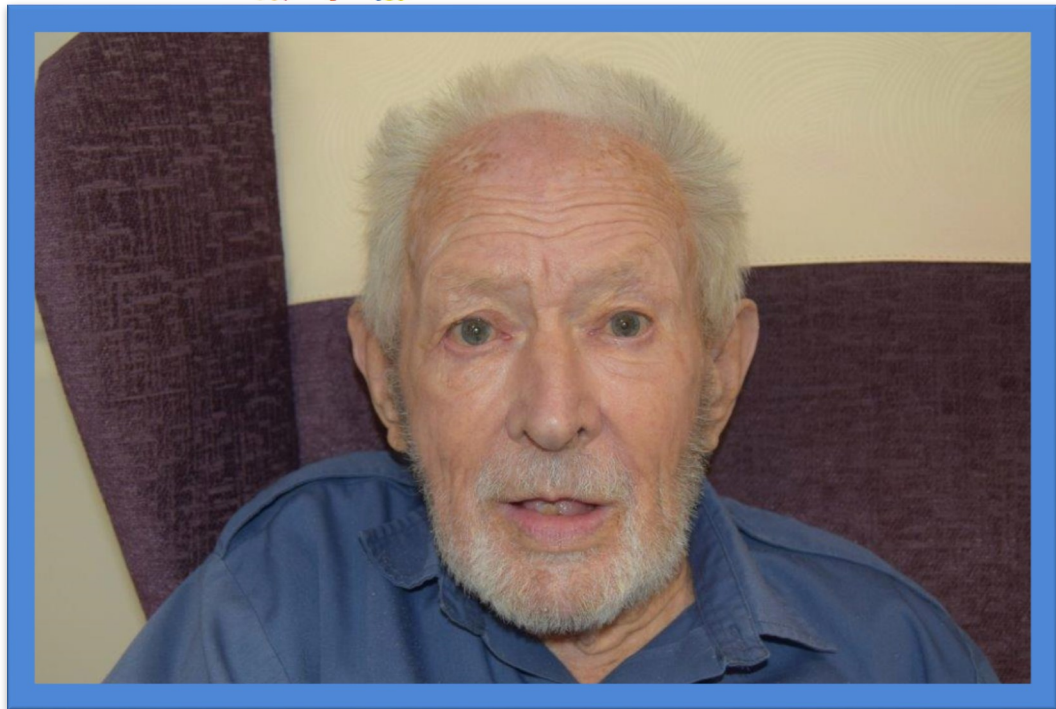
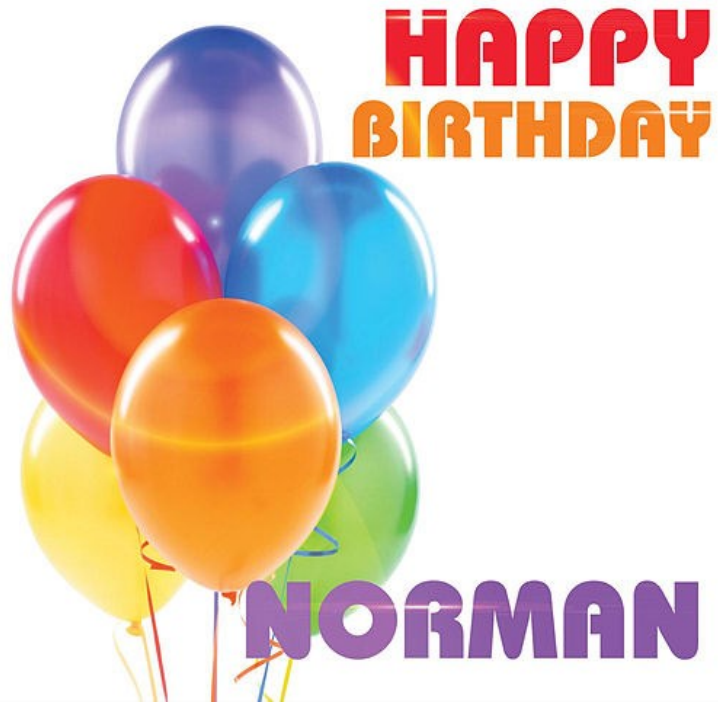
VISIT UPDATE

Our Maintenance Man, Simon has been busy creating a safe visiting area.
The Porch has been adapted to allow visits inside away from other residents and staff.

As before, the visiting hours are restricted to enable us to make sure each resident is able to have a visit.

If you would like to book a visit slot, please call reception.





Norman decided to celebrate his birthday in his room for the day, so the staff took his cake and presents to him.

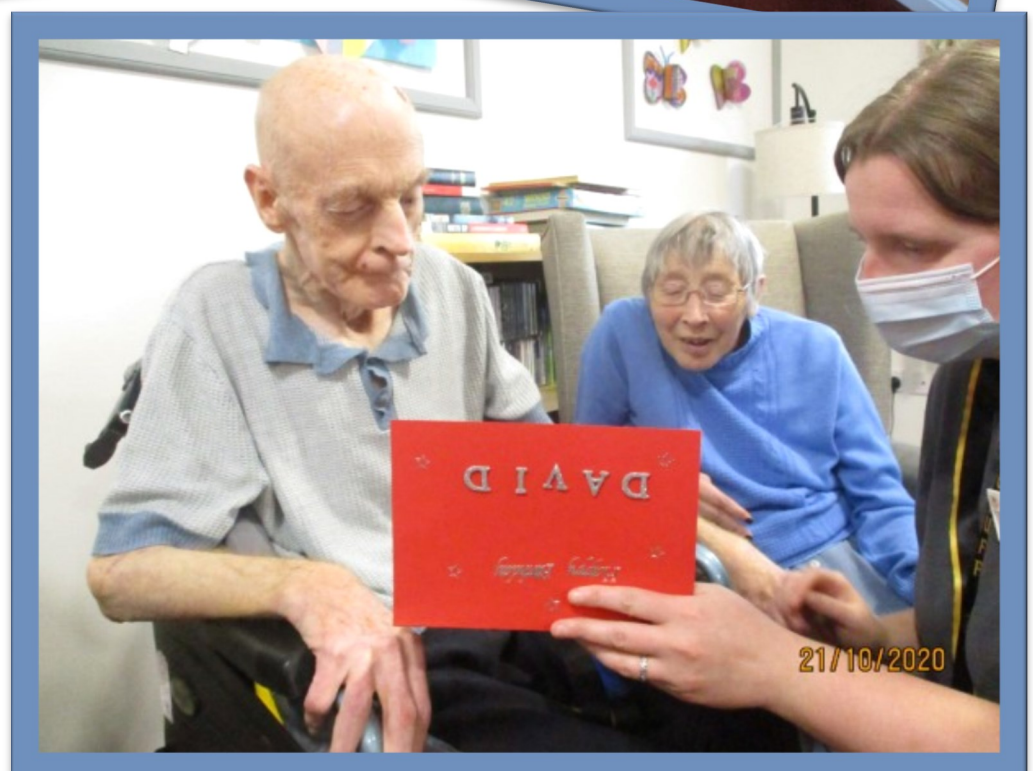




Amelia wanted a quiet birthday and opened her presents with just a couple of the staff around her.



**David
celebrated
his birthday
with his
wife
Christine
by his side.**





Angela was lucky enough to celebrate her birthday with all of her colleagues! The kitchen even made her a special Birthday Cupcake!



Casey did his best impression of sleeping beauty on the new sofa in the dining room! As a Residential Dementia Care Home, we pride ourselves on the residents feeling comfortable and at home at all times.



**Sheila
and Kara
had a
little
dance
session
together.**

Balloon Tennis

A few of the residents enjoyed a game of Balloon Tennis. Activities like balloon tennis can lessen anxiety and make people living with Dementia feel more engaged with life. Even residents who can not participate in the game physically, can enjoy watching the game, following the balloon with their eyes. Participation can help foster connections between residents and between staff and residents.





Ball games such as indoor carpet bowls or skittles can help to interact with a dementia patient, as well as providing distraction from low mood or agitation – common symptoms of the condition.



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Athena & Terry joined in with the staff dancing, they both loved dancing the Macarena. There is a transformation in our residents who participate in dance movement therapy. Someone who started a session hunched over ends up swaying to a beat. A resident who was lethargic begins tapping their toes. Suddenly, they're fully engaged, expressing themselves emotionally through movement.



Party Time



Musical BINGO

Bingo is a good activity for Dementia, it can help to improve cognition and can help stimulate memory and thought processes for patients in varying stages of memory loss.





The residents often enjoy a game of Curling in the dining room in the afternoon. Curling is a great form of exercise for the residents bodies and minds.



An old favourite from childhood and so universal that the rules will be familiar, Snakes and Ladders is an ideal board game for dementia patients on many different levels.

Halloween at Norwood House

The staff and residents all made the effort to dress up for Halloween...



In the morning the residents painted their pumpkins...



the Kitchen made us some
spooky treats to enjoy!



Then the Pumpkin Carving Competition took place!

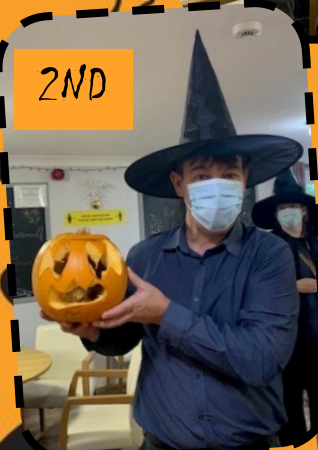


...and the winner is...

1ST



2ND



3RD



The Pumpkins went on show at the front of Norwood House!



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We look forward to assisting you