

Norwood News



Dear Family Members,
Friends and Staff,

Once again April saw us enjoying some beautiful warm weather, especially over the Easter Weekend. Our residents enjoyed receiving their Easter Eggs - and making sure that they didn't have time to melt before being eaten!



Welcome Our residents have also enjoyed lots of visitors over the last month including family dropping in to celebrate Mothers' Day, at the end of March, as well as Birthdays and Easter. Our residents always love to see familiar (and new) faces, so don't forget - you can drop in to see us at any time.

Diary Date - this year, weather permitting, we hope to help celebrate 'Fathers' Day' with a special BBQ Lunch on Sunday 16th June 2019. Look out for confirmation of the event in our June 2019 Newsletter.



Let's talk
about
dementia

Don't forget Dementia Awareness Week, supported by the UK Alzheimer's Society, starts on the 15th May 2019. In the UK, there are about 800,000 people with dementia; but it is estimated that around 400,000 people have dementia but do not know it.

Sometimes, in an advanced stage, a person with dementia may not be able to communicate and express themselves. Here at Norwood House the health and wellbeing of our residents is paramount to us. We like to encourage everyone to 'remember the person' behind the dementia. Never forget;

'the person is more than the dementia'

Regards from;

All at Norwood House



County Care Homes

Best Dementia Care Home Finalists The National Dementia Care Awards 2011

Together We Care

May 2019 **Diary Dates**

- 1st May 19
Creative Minds
10am
- 2nd May 19
Tickled Pink Productions
11am
- 3rd May 19
Sharon Jarvis
2:30pm
- 7th May 19
Sing-As-We-Go
11am
- 9th May 19
Annika
2pm
- 10th May 19
Creative Mojo
10am
- 13th May 19
Brian Shaw
11am
- 14th May 19
Charly Jolly
3pm
- 15th May 19
Creative Minds
10am
- 17th May 19
Sharon Jarvis
2:30pm
- 21st May 19
Sing-As-We-Go
2:30pm
- 24th May 19
Creative Mojo
10am
- 28th May 19
Sing-As-We-Go
2:30pm
- 29th May 19
Creative Minds
10am
- 30th May 19
Church Service
11am
- 31st May 19
Barry Tone
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

HERE at Norwood House we like nothing more than celebrating our residents birthdays with them.

In April we were delighted to celebrate with, Pauline (A), Barbara, Geoffrey (D) and Margaret (H). Our Chef's enjoyed making the cakes, which were enjoyed by everyone.

HAPPY BIRTHDAY



GEOFFREY

was delighted with his birthday fruit flan. It just goes to show that not everyone likes chocolate!



BARBARA spent a wonderful day being visited by members of her family and eating her cake at tea time, and **PAULINE** also enjoyed seeing friends and sharing her cake.



HERE at Norwood House we love to do all we can to help our residents, their families and friends celebrate their birthdays.

Don't forget that if you would prefer a more private celebration; we are able to offer you our small visitors lounge for family gatherings.



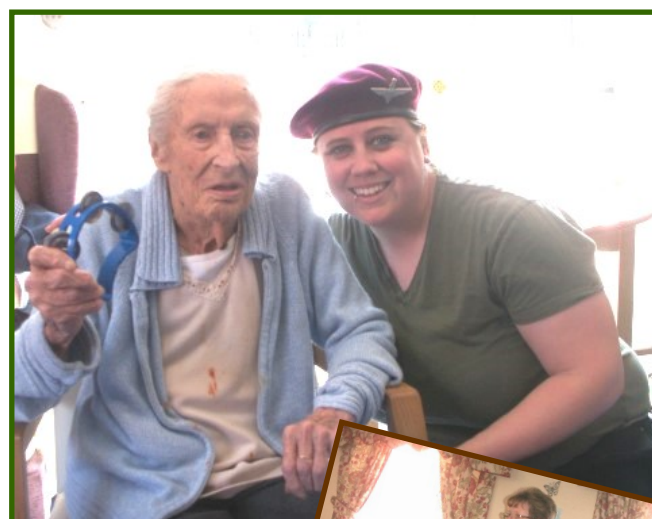
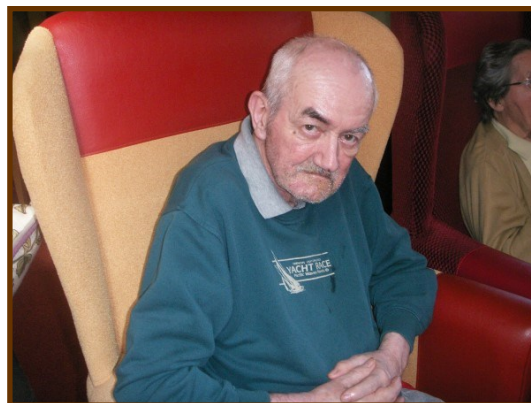
MARGARET not only enjoyed a chocolate egg, but also her birthday on Easter Sunday.

Everyone enjoyed an afternoon 'High Tea' with Margaret to celebrate her birthday and Easter with her. As there were lots of delicious cakes, she enjoyed her own 'personalised' Cup Cake with a candle in it.



Sing-As-We-Go joined us in April and our residents once again enjoyed joining in. Michelle and Justine are firm favorites at

Norwood House, and it is always good to see them here in our home.



Even some of our younger visitors got in on the performance!



As part of Dementia Awareness Week we will be celebrating the uniqueness of our residents. Our Activities Team are hoping to organise some special events and activities to get them out and about.

Key Facts About Alzheimer's Disease

1. Dementia Is Not A Natural Part Of Aging - whilst prevalent in the over 65's, dementia can also affect younger people. In the UK, over 17,000 people under the age of 65 have this condition. It is not uncommon for people in their 50's to have dementia.
2. Dementia Is Caused By Diseases Of The Brain - symptoms of dementia are caused by physical disease such as Alzheimer's which directly affects the brain.
3. It's Not Just About Losing Your Memory - dementia can have a huge impact on a person's life and on the people around them.
4. It's Possible To Live Well With Dementia - many people with early stage dementia live full lives although adjustments may be taken to cope with symptoms.

Please support the Alzheimer's Society



Keeping Busy.....

Some of our residents enjoy getting involved and helping out around the home. Pat, a regular visitor to the Hair Salon, always loves to be kept busy. Kay enjoys the company; and having someone else do the sweeping up! Especially if she can sometimes remind her helpers that they've 'missed a spot'!



This year our Gardener's have put some lovely tubs and planters around Norwood House for

everyone to enjoy.

During the warm April days it has been nice to have the help of some of our residents in keeping them well watered.





At the end of March we were delighted that so many family members were able to join us for a wonderful Mother's Day 'Afternoon Tea'.

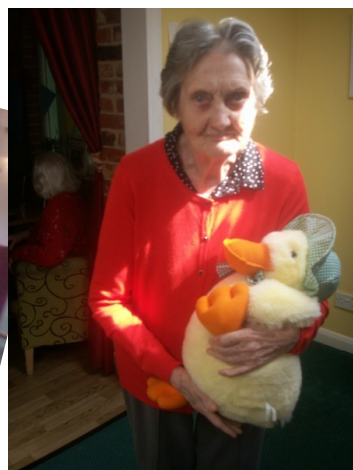
Thank you to everyone in the Kitchen, who made the food, and the Activities Team and Dining Room staff who created the wonderful table displays and centrepieces.





Here at Norwood House our residents love to have visitors - no matter what the occasion or time of year.

It was wonderful to have so many visitors over the Easter weekend. Lots of chocolate was enjoyed by everyone.





Some of our residents enjoyed sitting in the garden, but most enjoyed eating their Easter Eggs inside – so they didn't melt!

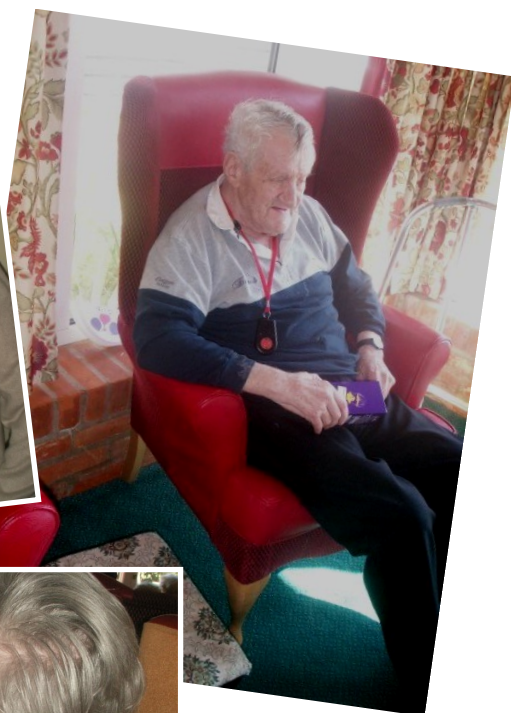
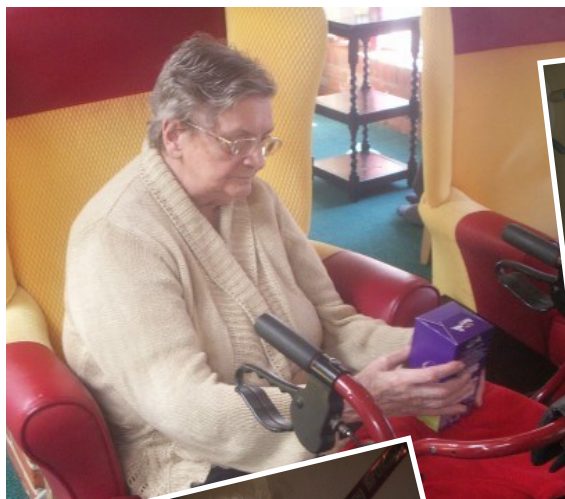


Joyce, our newest resident, and Keith enjoyed getting their eggs from Amanda, who stood in for



the Easter Bunny! Margaret enjoyed opening her egg and Birthday presents. Good job there was plenty of chocolate to go around.





Thanks to the Chefs in the Kitchen and Dining Room staff who once again produced a wonderful Afternoon High Tea for everyone to enjoy.



Margaret certainly enjoyed her Birthday Cup Cake.

Best of British

Norwood House recently enjoyed the company of the 'Somethin Else' entertainment team who were here to celebrate the Best of British with our residents.



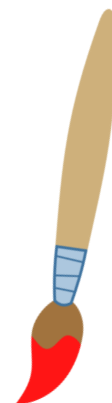
Tammy, David and all our residents enjoyed getting in on the act and singing along to the songs they remembered.







Once again our residents have been working with Foteini, Creative Mojo, and Kerina, Creative Minds, to produce some amazing artwork.





Our residents always enjoy being creative, and recently have been producing some beautiful 'Butterfly' artwork.

June 28th 2019 will be '**National Care Home Open Day**' and Creative Mojo have joined with Care UK and The National Trust to help celebrate this incredible day.

The butterflies we make will be sent to Devon, to be combined with all the others produced by thousands of residents around the country, and exhibited on a large tree in one of the National trust properties.

If you would like to join our Creative Mojo art session to help make some butterflies with your family member, please join us on the 10th May at 10am to 'have a go'.

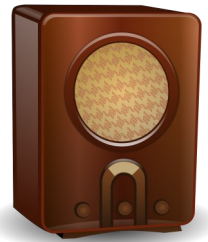




Songs to Remember.....

As we get older we all start to forget some of the things from our younger days. The one constant, and the thing that triggers our memories more than anything is MUSIC.

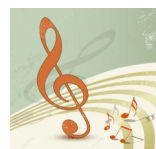
Sharon Jarvis works with our residents helping them to remember singers and songs from their past, as well as encouraging them to join in with the singing.



Brian Shaw is one of our regular entertainers who is always well received by our residents.



When last in he sang some classic 'cockney' songs; which a surprising number of residents, and staff, knew.





Annika performs well know songs from the 1950's and 1960's, which always remind our residents of their younger days.....



Don't forget ~ If you would like copies of any of the photographs shown in any edition of our Newsletters, please ask a member of the Reception staff.



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

We look forward to assisting you.

A message from Tom, our Acting General Manager -

Thank you all for your warm welcome into Norwood House - it has been a month that I have enjoyed, getting to know your loved ones. My door is always open should you wish to discuss any aspects of your loved ones' care and health, and I look forward to meeting you all through the course of the coming year. As always we hold regular relatives' meetings so if you would like to attend the next meeting is Saturday 1st June at 12pm.