

Neighbours

MONTHLY NEWSLETTER FOR CORTON HOUSE AND BRAKENDON CLOSE



Welcome to this month's issue of Neighbours - and what a busy month it has been!

Later life can sometimes (wrongly!) be thought of as a little humdrum; I think we can all agree this is not the case in Corton House and Brakendon Close, where residents and tenants are still firmly part of their communities, with lots going on!

Life here can be very full and vibrant. Whether it's connecting with the younger generation - smiles with the Little Visitors from Friend In Deed, and interesting conversations with the Sixth Form Volunteers; neighbours keeping in touch with one another in Corton House and Brakendon Close; tenants volunteering at our Community Café down the road in

Lakenham; or taking a day trip and learning something new - there is always something happening.

Speaking of which, we have a date for your diaries! Following on from last year's fun, our Summer Fete 2023 will be on Saturday 26th August between 12 and 4pm.

In other exciting news, Corton House will soon be able to offer special membership for residents and tenants to the Norwich chapter of the University of the Third Age (U3A). This will allow any resident or tenant to participate in their series of engaging talks and interest groups using one of our special passes. We believe we are the only Care Home and Independent Living Scheme in the area to offer this partnership. More details to follow - watch this space!

IMOGEN

News

P-A-R-T- Y? Because we want to!

What a party in Corton House over half term! Lots of staff members' children and some of the Little Visitors from the Friend In Deed group came along for fun with entertainer Moore Madness!





Brakendon Close Abuzz!

Our green-fingered Adrian has been turning a corner of the Brakendon Close gardens into a wildflower haven - there were certainly plenty of bees and butterflies enjoying the spot on a (rare!) sunny day last week! The bee orchids are back on the main lawn too.

Did you know?

- We have lost over 97% of British wildflower meadows since the 1930s, through land development and changing farming methods.
- Certain British wildflowers contain compounds used in medicine, such as selfheal which has antibiotic properties and foxgloves which contain chemicals used in the treatment of heart disease.
- Fruit and veg crops rely on pollinators, who in turn depend on wildflowers!

Well done Adrian for creating this beautiful corner of the garden which is doing vital work to help our ecosystem.



Pastures New for Dora

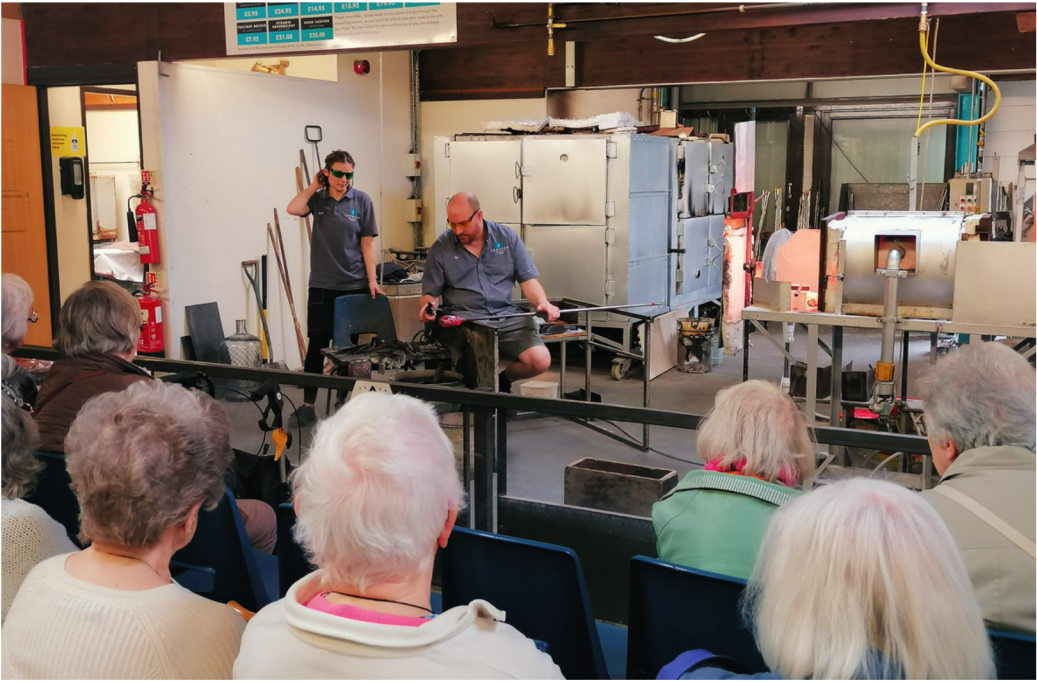
With the academic year drawing to a close, our brilliant sixth form volunteer Dora has said goodbye to Corton House - but not before we gave her a book token as a parting gift (pictured below)! Residents and the Activities Team will be sad to see her go. A big thank you to Dora and all our volunteers for all that you do!



Food and Funds for The Feed

Our generous tenants and staff donated several bags of food and £102 to The Feed Social Supermarket recently. The supermarket is situated nearby on Hall Road and offers low cost, subsidised food and toiletries to those in need as well as advice, information and training opportunities - a very worthy cause! Pictured right are our lovely staff Lorraine and Jan with some of the donation.





From the Scheme Manager

Brakendon Close tenants enjoyed their first trip out since the pandemic! What a treat that was, having Dave the driver for our journey who we all know from past outings! The last three years seemed to disappear as our journey got underway!

A lovely day was had by all, and a real tonic for us.

The glass blowing at Langham Glass was mind blowing and the finished products on display were stunning. We braved the chilly North Norfolk coastal weather to rush from the coach into the restaurant for our lunch. Fran acted as the 'traffic cop' to get people safely across the very busy seafront road. Yes, I did say Fran! A very welcome visitor briefly back in Norwich from her new location in Devon.

We were all delighted to see her! Lorraine, Sue and Fran... The Three Musketeers reunited once more!

Christmas lunch in Banningham? Watch this space!

LORRAINE





From the Activities Coordinator

Laughter, exercise and singing triggers the release of endorphins, the body's natural feel good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain.

This month there has been lots of singing and laughing with Peter Piper's musical reminiscence session, and an energetic Nick Stephenson 50/60's rock n roll concert. Regular exercise sessions are enjoyed with Joe our fitness instructor coming in once a month.

We had a fantastic morning when our Friend in Deed Little Visitors and some

of our lovely staff members' children had a party with residents and entertainer Nick Moore from Moore Madness Entertainment.

Lots of fun and games - loo roll was involved!!! It was an hour of mayhem, high levels of noise and excitement and residents loved it...

Some of the residents enjoyed a quiz on tea and biscuits for International Tea and Biscuit Days.

We sampled some new biscuits and drank from china cups and debated the question "are Jaffa Cakes a cake or a biscuit?"

Apparently they are classed as cakes, containing sponge and hardening when stale rather than softening as a biscuit would!

Did you know?! In the UK, tax is payable on chocolate-covered biscuits, but not on chocolate-covered cakes.

At a VAT tribunal in 1991, the makers of Jaffa Cakes insisted that the product was a cake, and produced a giant Jaffa Cake in court to illustrate the point! The court found in favour of them and ruled that whilst Jaffa Cakes had characteristics of both cakes and biscuits, they should be considered a cake. Every day's a school day!

Our creative juices are always flowing and this month some of the residents enjoyed flower arranging (pictured) and making sun catchers.

Josie ran another entertaining poetry session still on "The Seasons" with everyone getting involved. She returns for one on the theme of "Boats & Ships" soon.

We have also been busy planting sunflower seeds which have just been transported to pots in the garden - we wait in anticipation to see who can grow the biggest! *MARIA*



From The Chaplain

Praise to the Lord, the Almighty, the King of creation...

All that hath life and breath, come now with praises before him...

Words from the rousing hymn we have sung at our services.

I reflect back on the reminders of creation which I have marvelled at recently...

The sunflower seeds which Mel helped residents to plant were placed on the windowsill in our office, and every day, from the moment the first green shoot appeared, they grew so rapidly, and by the time you read this, they may be in the garden in their pots. I wonder who will win the competition this year? And, who will water them?!

The fish tank in the Reception area of Corton House provides much pleasure to many residents, and visitors, adults and children alike. The myriad of colours of the fish, and the calming effect of their swimming is much appreciated.

Many of you enjoy watching the birds, and some of you are fortunate to recognise returning species, who build their nest close by.

The squeals of delight from children enjoying our recent entertainer, and the pleasure it brought us.

Finally, how blessed am I to hear the stories you tell me, and how you have been uniquely created by God. Thank you all, staff, residents and tenants for your sharing, and honesty. *RHONWEN*



Creative Writing Corner

"Shall I compare thee...?" away with the lyrical. Brakendon Close tenants gathered to tackle the task of the day.

Probably the most challenging to date - how to pit a creamy Brie against a robust Gorgonzola?!

However, the whole affair was aided and abetted by savoury nibbles all assisted by a sip of port to clear the palate.

Lorraine moved silently among us, topping up as required. Florence Nightingale came to mind?

At last the preferences were collected and carefully checked. Saint-Agur declared top favourite!

A round of applause in way of thanks to Lorraine and Sue for all their hard work.

P.S. A tenant returning home had called our maintenance team to investigate a strange noise - WASPS were suspected!

Our indefatigable trio advanced to the building, suitably masked and equipped to deal with the invasion.

On careful inspection the noise was attributed to gentle snoring coming from several flats... Well it was a very good Port!

Your not-so-Speedy Sam, Garden Grapevine Reporter Zzzzzzz... ANON



Dates for your Diary - Brakendon Close

JUNE:

Friday 9th – Book Club, 2pm

Saturday 10th - Coffee & Cake with Sue, from 2pm

Friday 16th – ‘Dippy Crispy with a Cider Sippy’ Tasting, 1pm

Friday 23rd – Film - ‘Floods of East Anglia 1912-1953’, 2pm

Saturday 24th - Coffee & Cake with Sue, from 2pm

JULY:

Monday 3rd – Prize Bingo, 2pm

Tuesday 4th - Community Cafe at The Jubilee Centre, 1-3pm (please book transport with Door to Door)

Saturdays 8th & 22nd - Coffee & Cake with Sue, from 2pm

Thursday 27th - Norfolk Day, details TBA

More details for July to follow! Please note events are subject to change - please consult the notice board or ask staff for the most up to date information.

Dates for your Diary - Corton House

JUNE:

Tuesday 13th – Poetry with Josie on the theme of Ships and Boats, 2pm, The Leisure Room *

Tuesday 20th – The Wallace Art Talk with Roxanne, 10:30am, The Leisure Room *

Tuesday 20th - Catherine Joule (Soprano & Pianist), 3pm, The Myers Lounge *

Friday 23rd - Alpacas, 2pm, The Garden (weather permitting) *

JULY:

Monday 10th – Emergency Services Choir, 4pm, The Myers Lounge

More details for July to follow! Please note events are subject to change - please consult the notice board or ask staff for the most up to date information.

* These events and activities may be attended by tenants from Brakendon Close; numbers are limited, so please sign up on the relevant sheets outside the Blake Lounge if interested. Please do not attend if you are feeling unwell.

From The Care Team

We welcome all the new staff of late: Tom and Joe in the kitchen, and Lisa, Janice, Soniya in the care team.

Staff have completed recent training in:

- Deprivation of liberty
- Safeguarding adults and children

DEBBIE



Corton House

CHARITY GOLF DAY

**FOURBALL - 18 HOLE ROUND - BACON ROLLS AND
COFFEE ON ARRIVAL - VARIOUS PRIZE
COMPETITIONS - RAFFLE - 1 COURSE MEAL**

QUESTIONS AND BOOKINGS -

EMAIL IMOGEN:

IBOWERS@CORTONHOUSE.CO.UK



FRI 21 JULY

**ARRIVAL
11:30 AM**

**TEE OFF
12:20**

**£220 /
TEAM OF 4**

2023

**SPROWSTON MANOR GOLF CLUB,
NORWICH, NR7 8RP**