

Neighbours

NEWSLETTER FOR CORTON HOUSE AND BRAKENDON CLOSE

Resident Jean enjoys the company of Pets as Therapy dog, Billy. More photos of Billy's visit inside!



With Autumn now upon us, here are four facts you may not know about the season:

1 Squirrels are a common sight this season as they collect nuts and seeds to store for Winter; but did you know their brain power is thought to increase in Autumn? This is potentially due to a seasonal increase in the size of their hippocampus: the part of the brain which controls memory and emotion. Handy, given that across the season a squirrel may 'cache' thousands of nuts in different places!

2 We've probably all bobbed for apples in our time, but did you know this favourite Autumn tradition dates back to Roman Britain? During an annual celebration, young unmarried people would try to bite into an apple floating in

water, and the first person to do so would be the next one to marry.

3 The changing colour of Autumn leaves is triggered by cooler temperatures; however, with Global Warming, the process is starting later each year. A study at Harvard found that colour changes now start five days later than they did when research began, 25 years ago.

4 "Fall" as a term for Autumn was quite common in England up until the 17th century, derived from - unsurprisingly - the shortening of the phrase "fall of the leaf". With emigration from England to America in the 1600s, the word was carried across the Atlantic where its usage continued; while in England the fancier French-derived Autumn was adopted by the wealthy classes in the 1700s and stuck!

News

Paws for Thought

It was a pleasure to welcome Billy to Corton House recently. She's a 2-year-old Schnoodle (Schnauzer & Poodle cross) who joined us for her first ever day working as a 'Pets As Therapy' dog!

Everyone was very impressed with her beautiful placid nature, especially since she was new to the game! Big thanks to Judith her handler for bringing her along.



Fishy Friday

We wanted to thank everyone living and working in Corton House for their recent perseverance during the refurbishment, and bring everyone together for a delicious meal. So spirits were lifted when Corton House bought staff and residents a fish and chip lunch from Long John Hill Fish Bar to enjoy together. Special thanks to Sean, our Head of Catering, for collecting and serving the goods!





Art Exhibition

You may recall that in the last issue of Neighbours, we mentioned that Corton House would be taking part in an art exhibition by Creative Mojo, displaying art work from care homes across Norfolk inspired by the "Four Corners of the World". As you can see, the exhibition recently took place in Castle Quarter in Norwich, and was a great success (left). Creative Mojo will be returning soon for more artistic endeavours with residents!

Tenants Take Part in Study

Brakendon Close tenants and Scheme Managers were recently thanked for their participation in a nationwide "Measuring Loneliness" study (below). The study is the first of its kind, and aims to produce a snapshot of social isolation and loneliness in communities across the country.



Thank You, Goodfellows

Staff and residents have been singing the praises of our fantastic builders from Goodfellow Construction who, in addition to working hard on the refurbishment, have been kind and friendly faces around Corton House (above). As one of our staff put it, "Would like to say the contractors have been great. Moving their equipment when we need to get past, very good with the residents as well, and always cheerful."

From the Activities Coordinator

It has been a very noisy Corton House recently, and even though we have managed to keep things going there have been many activity and room changes. However, the residents have been brilliant and taken it all in their stride! I must say the builders have been fantastic and are a lovely group of men (opposite, bottom).

The Little Visitors group was special, as we had Norma's pen pal, 5 year old Lyra, who came with her mother and 18-month-old baby sister Cleo. Audrey's great-granddaughter Millie also attended (right) and the residents thought these three little girls were adorable.

Friend in Deed arranged for a lovely young man, Joshua (opposite, top) to come in. He wanted to make lavender bags with some of the residents. He was so enthusiastic and really wanted to make the residents happy, which he did! Kelly from Friend In Deed encouraged children in the school holidays to do something kind in the community.

On the hottest day of the year the Broad Beat Choir (right) entertained us with a lovely medley of songs; it was very enjoyable. A big thanks to Tia (kitchen staff) who made some delicious cakes for them to enjoy - which they certainly did - in the garden.

Rhonwen did a reminiscence session on Mrs Beaton's recipe book - lots of memories to explore! It is amazing how



things have changed; absolutely everything was cooked from scratch.

As the weather cooled down, we were able to enjoy a different kind of exercise with Sarah who had showcased her exercise class at the Summer Fete and got us moving in September with some seated Zumba. We now have a really varied programme of exercises to suit everyone's needs.

Speaking of moving - our favourite game at the moment is Beach Ball Hockey, which certainly uses muscles you did not know you had! You can use a pool noodle (made of foam), header or kick the ball and everyone managed to use all of these - with lots of laughter in between!

Of course, it's also important to keep our brains active, and with the help of Sally (one of our residents) we have had some brilliant, varied quizzes.

Josie did a poetry session on "Happiness" and had to adapt to a different room and layout. She was a teacher (although now retired) so she was not phased at all. Everyone enjoyed singing "Jerusalem" at the end.

Several of the residents enjoy helping with household chores like folding napkins or laundry, or hanging out the washing. This is encouraged, as it is something they have done all their lives.

We look forward to a full schedule very soon of activities, fun, and most importantly friendship!

- MARIA





Above: Few-Flowered Leek (Allium Paradoxum)

From the Maintenance Assistant

As you may have noticed by now, I have begun work on the main entrance driveway bed. This is going to be a long job, so please bear with me!

I am, as time allows, removing most of the large plants from the bed. Unfortunately although there are some lovely plants in the mix, there are also many unwanted and unruly plants.

The biggest problem is that it has been infested with Few-Flowered Leek (*Allium Paradoxum*). This is an invasive form of onion, that not only multiplies underground but also sheds thousands of bulbils, making it very difficult to eradicate.

The only feasible way is to let it begin to

grow in the spring and then spray off. The process may require repeated spraying, meaning the bed will be bare for longer than I would like in an ideal world. Unfortunately this is the only practical option.

I am now in the process of getting quotes to re-pollard the trees. These too have become somewhat unruly, and I know can prove a challenge to many of the delivery drivers who come to Corton House!

This is all a long-winded process, so I thank you all in advance for your patience in this matter. Please rest assured I will replant as soon as I can.

Hopefully once this work is over the bed will be sorted for a few years and will look better in the long term! - ADRIAN

Care Team Bulletin:

Congratulations to Bethanie Swinger for her promotion to Care Supervisor, Bevina Macasil for her promotion to Night Care Supervisor, and Lisa Dewing for her promotion to Team Leader!

And a warm welcome to new staff Josephine and Jacqueline.

From the Scheme Manager

We have enjoyed a bit of a sedate September following the hecticness of August!

We did host a coffee morning to raise funds for Macmillan Cancer Support on the 27th of September. Our tenants were very generous with their cake contributions and all who attended were so big hearted with their cash. We raised a whopping £270.00, so huge thanks go to all those who gave so freely!

As we move towards Autumn, we have plenty of events lined up for our entertainment including another taste test! This one is called "The Three P's." Intrigued?... Look out for list of events and dates for your diaries in this edition of Neighbours!

Also, don't forget to check the Corton House list of events to see what's on offer for us here at Brakendon Close. Keep an eye on our notice boards for your sign-up sheets. Enjoy October and all it has to offer!

- LORRAINE



Community Events

Keep in touch with the local Community by attending one of these events throughout October and November...

- **Wednesday 18th October - University of the Third Age (U3A)**
Talk: "The Courts & Yards of Norwich" with Frances Holmes, 2pm, The Assembly House, NR2 1RQ. Free to attend, just ask Lorraine or Maria for one of our U3A membership cards.
- **Tuesday 7th November - Corton House Community Café:** 1-3pm on the first Tuesday of every month at The Jubilee Community Centre, NR1 2EX. Free tea, coffee, hot lunch, and a chance to socialise. Free transport available with Norwich Door to Door, please call 01603 776735 to book.
- **Wednesday 15th November - University of the Third Age (U3A)**
Talk: "Manifestations of Madness, Women's Voices from the Norfolk County Lunatic Asylum" with Julie Jakeway, 2pm, The Assembly House, NR2 1RQ. Free to attend, just ask Lorraine or Maria for one of our U3A membership cards.
- **Saturday 18th November - Royal Celebration with Age UK Norwich:** 12-4pm at The Hewett school. Free afternoon tea, live music, fun and games. Free transport via taxi, please speak to Lorraine, Sue or Maria for more information.

Dates for your Diary - Brakendon Close

OCTOBER:

Friday 13th - Fish & Chip Lunch, 12:30pm,
(Please ensure you have placed your
order with Lorraine first!)

Saturday 14th - Coffee & Cake with Sue,
from 2pm (£1)

Sunday 15th - Songs of Praise with
Pastor Steve Thomasson, 2.30pm

Monday 16th - Quiz with Les & Barbara,
1:45pm (£4) *

Friday 20th - Film Afternoon: Britain at
War Part 1, 2pm (£4) *

Monday 23rd - Prize Bingo, 2pm (£4) *

Friday 27th - "Pâté, Prosecco et Pain"
Tasting Session, 1pm (£4) *

Saturday 28th - Coffee & Cake with Sue,
from 2pm (£1)

NOVEMBER:

Friday 3rd - Book Club, 2pm (club
members only, please speak to the
Scheme Manager if you would like to
join.)

Saturday 11th - Coffee & Cake with Sue,
from 2pm, (£1)

Sunday 19th - Songs of Praise with Prof.
Brian Thorne, 2:30pm

Dates for your Diary - Corton House

OCTOBER:

In addition to our regular activities in
Corton House...

Tuesday 17th - Mini Donkeys Visit, 2-
4pm, The Garden †

NOVEMBER:

Tuesday 7th - The Martin Singers, 3pm,
The Myers Lounge †

**Please note that all events are subject
to change - please consult the notice
board or ask staff for the most up to
date information.**

* Brakendon Close tenants: Please sign
up for these events. Sign up sheets are
on the notice board outside the Blake
Lounge.

† These events and activities in Corton
House 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.