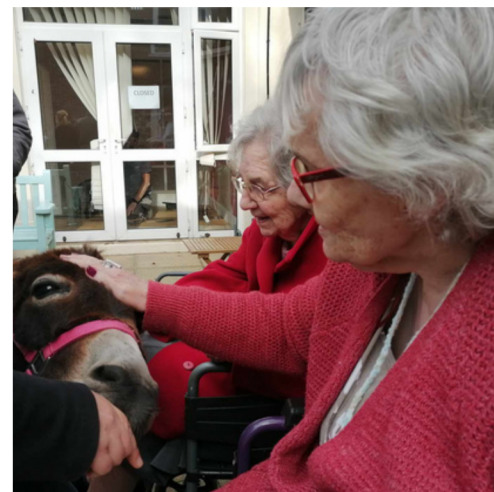


NOVEMBER 2023 - ISSUE 460

Neighbours

NEWSLETTER FOR CORTON HOUSE AND BRAKENDON CLOSE



We captured some lovely pictures of people enjoying our recent visitors - miniature donkeys Jack and Pippin! Find more photos inside...



From the Activities Coordinator

Another season is upon us, so less time spent outside - although now the leaves have fallen we can see St. Mark's Church which has many memories for some of our residents.

We may be spending more time indoors, but we continue to keep our bodies moving with regular exercises. Many residents also enjoy exercising their vocal chords, and this month we joined in with Friend In Deed's "Care Home Choir" which is once a month via Zoom. We had three singers this month - Kyle, Tony and Ricki, who entertained us with a selection of songs. Every fortnight the lovely Tessa comes with her guitar to encourage us to sing our favourite songs - she is a musical therapist who works for Musical Keys, which believes singing together makes us feel valued, inclusive and happy.

The poetry session this month was a collaborative effort with Josie and Brakendon Close tenant Patricia, each reading poems on the theme of journeys. There was much discussion and it was very well attended by both tenants and residents alike, with several people reading their chosen poem.

Residents Joyce and Norma managed between them to knit 160 premature baby hats which will be delivered to the hospital in the coming days. Well done to both. Norma also somehow managed to fit in knitting a poppy for every resident, as well as some for staff, the builders, friends and family, her hard work raising over £150.00 for the Royal British Legion!

The most joy, however, was quite simple - two miniature donkeys munching grass in our garden at Corton House on a lovely dry afternoon, with a great team of handlers, who take them around Norfolk to young and old. Some residents groomed them as they were so calm and gentle. They are a brother and sister act named Jack and Pippin!

It was wonderful to see so many residents outside enjoying these delightful animals. It also stirred a lot of memories of riding one at the seaside.



News

Hydration Stations

This month, we've introduced some new hydration stations for our staff as a reminder to fill up their water bottles and stay well hydrated during their shifts - as modelled by lovely Sophie, Corton House Administrator (below).



Harvest Hamper

We were the lucky recipients of a Harvest hamper of goodies recently from local school Town Close, who with the help of Kelly from Friend In Deed, gave us a lovely selection of goodies for residents to share. Thank you Town Close School!

Refurbishment Updates

Some very exciting wallpaper went up recently in the Sun Lounge - thanks to our contractors who continue to work hard!



Much Room for Mushrooms

Spotted in the garden at Corton House - a fine selection of mushrooms, immortalised on camera by our very own Maintenance Assistant (and fun guy!) Adrian.



Community Events

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

- **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.
- **Thursday 23rd - Saturday 26th November - The Festive Fair at The Forum:** Open from 11am to 7pm on Thursday, 10am to 6pm on Friday and Saturday and 10am to 4pm on the Sunday. East Anglian stalls galore, with jewellery, cakes, art and much more. Free entry.
- **Saturday 25th November - Organ Reborn! Inaugural Recital with Thomas Trotter:** 7pm; music by Bach, Guilment, Willan, Dove, Karg-Elert and Mendelssohn to celebrate the newly rebuilt organ in Norwich Cathedral. Tickets from £7.50, to book call 0333 6663366.
- **Saturday 25th November - St Mark's Church Coffee Morning:** 10am - 1pm, stalls, raffle, cakes. Free admission.
- **Friday 8th & Saturday 9th December - St Mark's Church Crib Fest:** 10am-4pm, a fabulous display of Nativity scenes, refreshments and raffle. Free admission.

University of the Third Age

Don't forget - residents and tenants can now ask for one of our University of the Third Age membership cards (pictured below, with Shirley) which will allow access to the local U3A's talks and meetings.

U3A is open to those no longer in full time work, and members draw upon their knowledge and experience to teach and learn from each other for pleasure. Each local branch is home to many activity groups and offers monthly talks on a variety of subjects, and we are looking forward to supporting any resident who wishes to attend to do so!



Small But Mighty...

It was a pleasure to welcome some miniature donkeys to Corton House recently - these surprisingly soft creatures were a joy to be around, calm and gentle! Thank you to Miniature Donkeys for Wellbeing for joining us (pictured right).

Wool Wanted!

If you have any spare wool (DK preferred) all donations would be gratefully received by the Brakendon Close Knit & Natter Group, who are already busy creating wares for next summer's fete! Donations can be left in Corton House reception or with the Scheme Managers in Brakendon Close.



Home Help Trolleys

We have a limited number of handy home help trolleys (similar to the one pictured below) available free for Brakendon Close tenants who may benefit from one. Please speak to Lorraine or Sue if you would like one.



Service of Remembrance

Many residents took the opportunity to reflect and offer prayers at the Service of Remembrance in Corton House recently. Thank you to staff and residents who gave readings, and to Edwina for accompanying the hymns on piano.



Baking the World a Better Place

Brakendon Close tenants have once again enjoyed a cookery course from Norfolk Adult Learning - this time, baking. Check out that fantastic hand made pizza!



From the Scheme Manager

Brakendon Close has been very busy this October. Our calendars have been filled with dates for entertainment and activities.

We have been privileged yet again, to host more cookery classes, baking this time with the lovely tutor, Jo. Our tenants took home their delicious creations whilst all our mouths were watering from the wonderful aromas wafting around our building!

We have enjoyed a fish and chip lunch, a film afternoon with honeycomb and salted caramel ice-creams, prize bingo and "The 3 P's" - another very popular

taste testing session involving Pâté, Prosecco, and Pain. Very much enjoyed by all who attended! We are already wondering what we can taste next!?

As the Halloween evening ended, my little friend Jorgie, my neighbour's daughter, knocked on my door and donated her sweet treats to my workplace (above)! How lovely is that! Thank you, Jorgie, for your thoughtfulness!

Our very talented Doreen held a handmade card sale during our coffee morning. Her wares were absolutely beautiful, and she raised an incredible **£80.00** for our amenities fund! Well done and thank you Doreen for all your hard work!

Care Team Bulletin:

We are pleased to have some fantastic new members of the team - welcome to Mushina, Daniel, Ebony and Emily who have just started and Kimberley who will be joining us very soon.

Staff are completing the Oliver McGowan Learning Disability & Autism training, as well as new workshops on medication and care plans.

Dates for your Diary - Brakendon Close

NOVEMBER:

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

Sunday 19th - Songs of Praise with Rhonwen, 2.30pm

Monday 20th - Singalong Afternoon (Songs of the 70's & 80's), 1:45pm, (£3) *

Thursday 23rd - Collection for Norwich Foodbank, all day

Saturday 25th - Coffee & Cake with Sue, from 2pm, (£1)

DECEMBER:

Friday 8th - Book Club, 2pm - Members only, please enquire with Scheme Managers should you wish to join.

Saturday 9th - Coffee & Cake with Sue, from 2pm, (£1)

Friday 15th - Christmas Lunch at the Banningham Crown (more details to follow) *

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; **please sign up on the relevant sheets outside the Blake Lounge** and do not attend if you are feeling unwell.

Dates for your Diary - Corton House

NOVEMBER:

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

Tuesday 14th - Musical Keys, 11am, The Leisure Room

Monday 20th - Nick Stevenson (Singer, 50's and 60's hits and more), 2pm, The Myers Lounge †

Thursday 23rd - Care Home Choir with Friend In Deed, 10:30am, The Leisure Room

Friday 24th - Creative Mojo: Aboriginal Inspired Art, 2:15pm, The Leisure Room

Sunday 26th - Sunday Worship Service, 10:30am with coffee beforehand, The Myers Lounge

Tuesday 28th - Musical Keys, 11am, The Leisure Room

DECEMBER:

Friday 1st - Singer Kyle, 3pm, The Myers Lounge †

Tuesday 5th - Singer Karen Bonsell, 3pm, The Myers Lounge †

Monday 11th - Pets As Therapy Dog Billy, 11am, The Myers Lounge

Wednesday 13th - Poetry with Josie & Patricia on the theme "Celebration", 2:15pm, The Leisure Room †

More festive events to be announced...