

Greetings All,
Once again another month has passed and we will be putting the clocks back; end of Summer Time.
We will be needing to have patience as we look forward to Spring time after Winter. So often we lack patience; it reminded me of this rhyme:

'Patience is a virtue,
possess it if you can,
seldom found in women.
never in a man!!'

Apologies to the women and men who have patience.

This was a saying used in the South of England when patience was required by individuals; wishing to have something done and expecting it immediately.
The Dictionary definition says 'Patience is the quality of being patient, calmness, restraint, tolerance'.

I am sure it brings to mind many times when you needed patience.
Waiting for a taxi, bus or train;
waiting in the Surgery to see a Doctor or Nurse at the Walk-in-Centre;
when travelling by car, approaching the traffic lights and suddenly the lights change to red;
the time you should have allowed more time to get to your appointment.
I am sure you can think of many other occasions when patience has been needed.
Jesus seemed often to need patience when dealing with people and especially his own disciples.



A Prayer by William Barclay.
O God, my Father, give me patience all through the day,
Give me patience with my work,
so that I may work at a job until it is finished or get it right,
no matter how difficult or boring it may be.
Give me patience with people,
so that I will not become irritated or annoyed,
and so that I never lose my temper with them.
Give me patience with life,
so that I may not give up hope
when hopes are long in coming true;
so that I may accept disappointment without bitterness
and delay without complaint.



Hear this my prayer, in Jesus' name.
Amen

Rev'd Daphne
Chaplain

If anybody would like to receive Neighbours by email please respond to
Fran at: fveale@cortonhouse.co.uk

No 425


Corton House
Living Care and Support

OCTOBER 2020



NEIGHBOURS

**MONTHLY NEWS-SHEET FOR
CORTON HOUSE AND BRAKENDON CLOSE**



A MESSAGE FROM THE BOARD

We would like to take this opportunity to say a big “Thank you” from the Board to all residents, tenants and their families, for the way in which they are coping with the continuing Covid restrictions. We can only imagine how hard it is for you all not being able to see your nearest and dearest face to face and give them a big hug. Telephone and electronic communication can help you keep in touch but it is not as good as the real thing!

The Board would also like to thank Lisa, Tom and all the staff for how they have responded to the Lockdown. They have all gone the extra mile during this difficult time.

You may remember the old song by Harry Lauder ‘Keep right on to the end of the Road’. It includes the line ‘Though the way may be long, let your heart be strong’.

It may be a little while before the Covid battle is won, but the Board knows that everyone will do their very best to get through it together. We hope that happier times are in fact just around the corner. October 2020

FROM THE SCHEME MANAGER

Looking back to the beginning of this year, none of us could ever have envisaged where we would be as we approach the end of the year 2020! Times have been so challenging for us all, but we have all coped and managed our situation in different ways. One thing that has stood out though, is the tenacity and kindness within our community.

Tenants have helped their neighbours in so many ways, collecting prescriptions, having social distancing chats, raising concerns for others etc. The list of good deeds is endless!

We have so much to feel grateful for: our local Coop, stepping up each week to provide food; Allcocks, cheerfully delivering food, and Mike & Debs from the market bringing fresh fruit and vegetables. So many willing hands shining their light on our community. With all this kindness and support, we will see this thing through!

Wishing peace and good health to all this Autumn.

Lorraine



Shop trolley with Mel
Thursday October 15th

**FROM THE ACTIVITIES CO-ORDINATOR**

Our regular activities continue such as playing scrabble, ‘Play your cards right’ (one of the favourite games) and adult colouring, which is very therapeutic – one of our residents has completed a whole book beautifully.

We endeavour to try new things and some of the residents had a go at making pizzas which were then cooked for tea – a resident who was a cookery teacher was in her element.

Rev’d Daphne Lloyd very kindly took a Harvest Service and we also had a delicious Harvest lunch with displays of produce to remind us how lucky we are to have such an abundance of food.

Back by popular demand was another ‘Pamper Day’ and for one gentleman his first hand massage. We create a relaxing environment with a diffuser filled with essential oils, this time of geranium and lavender, soft music and of course a treat of a special cake/biscuit with our tea or coffee. It is also a chance to have a chat with other residents. The residents really enjoyed Tessa from Musical Keys singing outside and she knows all of their favourite songs – we are endeavouring to find new ways to accommodate this inside and think outside of the box. Meanwhile we always sing a few songs whilst doing our seated exercises and always start with ‘The Grand Old Duke of York – our hand actions and marching to this have become perfectly synchronised but I think we are a way off entry to ‘Britain’s Got Talent’! However, it always makes us smile.

Technology still plays a part and it is amazing what we find – a family member found a short video on The Thames in 1963 which was shown to the resident who worked on this busy river – he has watched it three times and each time remembers some other landmark – truly joyful. Some residents are also getting used to Zoom and Facetime particularly when families can be scattered all over the place, in some cases other countries.

As the trees lose their leaves we shall soon see St Mark’s Church again and count our blessings that we can continue our service and prayer group. We also realise how lucky we are to have each other in our Corton House community.

Maria