



The Journey Through Lent

As I write this thought for the Newsletter, I am reminded of the journey Jesus took at the end of his life to reassure us of new life in him.

You will recall how he was tempted by the devil in the wilderness, to turn stones into bread, to throw himself off the building and to receive the world which was not the devils to give, Jesus although tempted did not undertake it. His journey continued when he entered Jerusalem on Palm Sunday, on to the Cross, dying for our sakes and rising to life on Easter Day.

We are travelling a very difficult journey at present with the unknown coronavirus. Temptation comes our way, to not stay in our accommodation, to go out several times a day, to over stock food. My friends, resist those temptations for your safety and that of others so that our communities can be free of the virus, and to live the great life we have both in Corton House and Brakendon Close.

God of repair,

Fill us with love - the love that leads to compassion.

Fill us with faith - the faith that leads to action.

And fill us with hope - the hope that leads to a better world for all.

Amen

Keep well & take care.

God Bless

Daphne

Chaplain



Shop trolley with Mel

Thursday April 9th

Thursday April 23rd



If anyone would like to receive a copy of Neighbours by email please respond to Fran at fveale@cortonhouse.co.uk

No 419




Corton House
Living Care and Support

APRIL 2020



NEIGHBOURS

MONTHLY NEWS-SHEET FOR CORTON HOUSE AND BRAKENDON CLOSE



A MESSAGE FROM THE BOARD

We hope that this message finds you well and in good spirits despite the current situation.

As you are aware we have had to make some difficult decisions, closing Corton House to all but staff and advising Brakendon Close tenants to remain in their homes. We realise that this is difficult for you, your relatives and friends, and thank you for bearing with us at this challenging time. We want to assure you that all our staff remain committed to continuing to provide the same standard of care and support as always. The Board is in constant contact with Tom, Lorraine, Lisa and the rest of the team offering help and support. At times like this it is important to be kind to each other, enjoy the good things in life - however small, and be positive about the future. In the coming days and weeks, we will all benefit from a smiling face, a well-timed 'thank you' or an extra phone call. This is the time to be 'good neighbours' to those both near and far.

Marian George (Chair)



FROM THE SCHEME MANAGER

As we go through these very difficult times, some people are struggling with fear and anxiety. One thing that we can take small comfort from is that we are all in this together, and although we may feel alone and isolated, we know that we are all thinking of each other. We can call this remote support! Reach out to each other through your phones, iPads or other devices if you have them.

We have, sadly, had to postpone all our trips and events for the time being but...know that when we are through this, we will have a wonderful party to celebrate the end of lockdown!

Wishing that everyone stays safe and well.

Lorraine



A resident displays her doll collection.



FROM THE ACTIVITIES CO-ORDINATOR

We had the Cringleford Singers in last month and what a wonderful evening it was. There was a wonderful atmosphere with everyone singing along with the choir. Margaret the conductor engages with all the residents and always puts together a great programme. There is always a varied selection of singing and music at Corton House and we also had our favourite band The SqueeGees who definitely got us tapping our toes.

At this difficult time we will put together an in-house programme which will be displayed on our Activities Board and will include the following;

Poetry sessions, Knitting group, Joyce and Sheila's Musical afternoon, Bingo, Reminiscence Sessions, Seated Yoga Exercises, Scrabble and other board games, and jigsaw puzzles.

We are so lucky to have a large garden with a lovely Summer House. All residents will be encouraged to get some fresh air and exercise whilst social distancing. We have teamed up with another care home in North Walsham and are setting up a pen pal scheme to enable us to share our feelings and thoughts with other people in the same situation. The Mum/baby group have been sending messages via the computer as will our 6th formers from the Notre Dame and Norwich School.

The shop will continue to come round fortnightly.

Our three Resident Ambassadors are encouraging everyone to join in with as much as they can and chat to each other wherever possible to keep our spirits up.

Maria

