

Hello Everyone,

Life for all of us is now very different, for some the tragedy of the death of loved ones due to the virus, for others confined to home for so long feeling lonely, families with children unable to go to school, businesses closed. Many are wishing it could all be changed in order to come to some normality, but different.

I for one have seen this to be a positive time using each day to undertake new tasks.

The United Reformed Church provides Daily Devotions & Services, as do a number of Churches, some to be read on our technology by video, audio or printed copy. These I greatly appreciate for it enables me to be united with my fellow Christians during that devotional time. It also gives an opportunity to be together in prayer; although separated; knowing that we are never alone for God is with us in all situations. I prepare Services for Corton House to be taken by Staff, either together or in their rooms.

I have been reading a great deal, undertaking puzzles & scrabble on the arkadium website- it can take you over!!

I keep in contact with my relatives & friends by letter or telephone.

I am fortunate to have grocery deliveries from local firms ensuring that I can keep healthy by cooking fresh meals. I spend time in the flat with daily chores and have gone through drawers, cupboards, bookcases and my filing cabinet putting everything in order - what better time than now to do it!!!

I go for a daily walk usually at the early hour of 6.30am each day.

The countryside is wonderful at this time, bird song, gentle breeze in the trees and little movement for there are usually NO people to disturb the PEACE; all God given to be enjoyed.

Setting ones self a few tasks for each day can help one to feel POSITIVE and achieve much; however small the task.

I wish you every blessing as you continue to 'Stay Alert, Support the NHS and Carers, and save lives whilst keeping a distance. Take care and stay well.

In Christian love,
Daphne - Chaplain



Shop trolley with Mel
Thursday May 21st



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

No 420


Corton House
Living Care and Support

MAY 2020



NEIGHBOURS

MONTHLY NEWS-SHEET FOR CORTON HOUSE AND BRAKENDON CLOSE



FROM THE CARE MANAGER

We are currently in week 9 of the lockdown here at Corton House and although we are not able to see friends and family we have been trying to keep the spirits high and morale up! This included an all-day celebration for VE day on Friday 8th May where we started the festivities at 10.30am with sherry and cheese straws followed by the Remembrance silence, a special fish and chip dinner and then a good ol' sing-along in the afternoon and a toast to Winston Churchill on his speech at 3pm. It was a good day of celebration and also time to reflect and remember those who served. We are all sticking together in our community spirit in the home and send all of our thoughts, love and wishes to all at Brakendon Close and cannot wait to be reunited with friends and family!

Lisa

FROM THE SCHEME MANAGER

Our tenants have been coping remarkably well during these unprecedented times. Those with screen devices have been able to see and talk to their loved ones, do online shopping and even participate in group exercise classes!

Those without that facility have still been able to have their needs met through the kindness and support of local shops. Willing volunteers have been shopping for some of our tenants. How do we even begin to show our gratitude for these wonderful people stepping up in times of need?

Some tenants have felt less lonely and isolated through contact with a coordinated group of volunteers, cheering them up with friendly chats. A big thank you too for the staff in Corton House who have been there offering much needed support for our tenants at times. They have printed and delivered information for us and delivered Easter eggs, giving our tenants a lovely surprise!

Many tenants have come up with innovative ideas to keep them occupied and how to waste not, want not.....First prize for innovation for this goes to one tenant who made her own delicious raisins from grapes and then made a bread and butter pudding with them! The secret is out! Let us hope she is not inundated with demands for the instructions!



Stay safe and well folks!

Lorraine

Snapshots of our Lockdown VE Day celebrations**FROM THE ACTIVITIES CO-ORDINATOR**

Our main aim this past month has been being positive and doing what we can. Luckily the weather was exceptionally warm for April so residents were encouraged to spend time in nature – it is supposed to naturally lift your spirits! We noticed there were many more birds singing and enjoying our garden or maybe we just heard them more because there was so little traffic.

The residents have embraced all the changes to activities – we have managed to continue with many of them even though we cannot sing/knit/read poetry as well as missing some of our lovely volunteers and entertainers who regularly come to Corton House.

We have found joy in playing simple games with a balloon, blow football and are doing regular quizzes – the last one was “How well do you know the Norfolk Dialect” A lot of them knew the Norfolk saying “Dew yew keep troshin bor” – as we have done a fair bit of walking round the garden!

The residents have also been involved in technology – we have Facetimed/Zoomed etc. families, particularly ones outside of the UK in places such as Holland and Spain. It has been wonderful to watch the faces of residents as they chat to their children/ grandchildren. We are still receiving wonderful pictures and drawings from school children and our Mum/Baby group. One of our little ones who comes in regularly had a second birthday and we were able to Facetime and sing to him. We are also colouring rainbows to show our appreciation of the NHS.

Maria