

Greetings Everyone.

Once again another month has gone.

The early mornings are so wonderful, the quiet tranquillity that meets you. Walking along the river paths in various directions, away from the City - with road traffic, some going to work, lorries delivering goods and electric vehicles cleaning the streets; all needed, but our lives need more than noise and activity.

Although you may not be able to walk along the river as you used to, remember those times with thankfulness.

The river paths hold so much, from natural vegetation in its variety - the river banks where cruisers, canoes are moored up showing no signs of life. On the river today 17 swans, silently moving through the motionless river; for the tide had come in and the river was high.

To stop and experience it all, lifts one's spirit.

As human beings we certainly need more of good programmes and good books that enrich our lives —not horrifying and depressing programmes; we need to be selective.

We need those opportunities where our minds can be stilled and enriched.

Try for a day texting no one or chatting on the mobile.

I know it cannot last but I do think life will have moved a 'notch'.

Let us lift our spirits above the mundane of life and experience through stillness, the natural order of all that God has given.

Deep peace of the running wave to you,  
Deep peace of the quiet earth to you,  
Deep peace of the Son of peace to you.

Daphne  
Chaplain



**Shop trolley with Mel**



Wednesday August 19th



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

No 423



  
**Corton House**  
*Living Care and Support*

AUGUST 2020



## NEIGHBOURS

### MONTHLY NEWS-SHEET FOR

### CORTON HOUSE AND BRAKENDON CLOSE



**FROM THE CARE MANAGER**

As we are in the middle of our summer the weather is certainly letting us know that the season is in full swing! (too hot for me!)

We have had some wonderful days sitting in the garden here at Corton House and luckily we have shaded areas throughout the day. We have enjoyed drinking many flavoured waters and fizzy pop to encourage everyone to keep their fluid intake up! This has been fun and at the same time kept us all hydrated.

Although we are still very restricted on visitors to the home we have made the most of the social-distanced visits and video calling.

I would like to take this opportunity to say a big thank you to all staff, residents, friends and families of Corton House for their continued support for the home and for getting each other through this strange time. Stay safe everyone.

Lisa 😊

**FROM THE SCHEME MANAGER**

We are very happy to be able to finally offer our first social gatherings for our tenants, in accordance with government rules of course.

We have now hosted our first coffee day, for up to six tenants, at each of three hourly sessions. A lot of thought and preparation has been put into this new and unique enterprise!

The take-up has been beyond the practicalities of the three sessions so we are planning the next date already!

Our very untidy and neglected patio area is beginning to take shape and we have even bigger plans for the future of this space. Exciting times under the current circumstances!

Our only stumbling block could be the weather. If it is too hot, our tenants will be wearing sun hats and sitting under their umbrellas. Alternatively, if it rains, it will be rain hats, wellies, macs and umbrellas at the ready! We will, however, do our level best to stay upbeat and enjoy these new opportunities to socialise.

Wishing safety, wellness and better times to come for us all. Lorraine

**FROM THE ACTIVITIES CO-ORDINATOR**

It was Cupcake Day at the beginning of July to raise money for the Alzheimers Society and with the help of staff and our kitchen we had some lovely cupcakes for sale and raised £135.00. Thanks also to Brakendon Close who also gave very generously to this worthy charity.

At the end of July it was Norfolk Day and we raised a glass to Norfolk, and Sean (the cook) very kindly made Norfolk shortbread and Norfolk Scones. Everyone (including staff) agreed they were delicious.

We were treated to outside entertainment with Peter Piper who is still one of our favourite entertainers. Another favourite was Tessa from Musical Keys who also did an outside session.

Often the most simple things can give great pleasure and on one of the very hot days residents gathered in the garden for a chat, sing-song and a cool drink. The human spirit always thrives on friendship, kindness and fun. On the cooler days we still play scrabble and other games as well as weekly quizzes on all sorts of topics. The last one was a quiz on 'Vera Lynn' and most did very well on that one!

We received an activity pack from Miniature Donkeys which was most welcome, with quizzes, colouring and other activities, one of which was how many words can you get from 'miniature donkeys for wellbeing' - so far one of our residents has found over 1,000 words and still going! We have now put the challenge out to other care homes to see if they can beat it.

We have planted some tomatoes and with all the lovely sunshine we are hopeful for some produce.

We get outside and enjoy the garden as much as possible and as one of our residents always says when she goes outside "fresh air is free" – and it is true, 'the best things in life are free'!!

Maria