

Greetings to you all,

'WHAT A WONDERFUL WORLD' - created for us to enjoy during all seasons.

It may feel that due to the pandemic it does not seem so wonderful.

LOOK AGAIN - often early in the morning there is an incredible sunrise; the sky bright red rising from the horizon, clouds of ever changing shapes and skies so often bright blue with the sun sharing its warmth.

Friends, we only have to observe the gardens and countryside at this time of year - new life bursting forth from winter rest - aconites, snowdrops, some early daffodils, cyclamen still flowering from September; bulbs beginning to show up from the earth ready to grow into radiant flowers. Not to mention the early morning bird chorus, squirrels attacking bird feeders and new life in the animal kingdom.

God's provision - isn't it good!

We now have our responsibility to care for creation, to appreciate it and to enjoy it.



We have some wonderful programmes, if we care to watch, Winter Watch, The Planet; only this evening I watched a programme on otters, their survival is amazing during the harsh winter.  
CONTINUE TO ENJOY GOD'S WONDERFUL WORLD.

I end with a poem by Lora Wells entitled 'Glimpses'.

I have caught a flash of beauty  
On the dullest winter day  
I have sensed a touch of magic  
In the ground along the way.  
For the quiet earth is resting  
Yet, deep within the sod  
The seeds of resurrection wait -  
the signature of God.  
So in rare moments you may see  
the promise of eternity.



The Lord Bless you,  
Daphne - Chaplain

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

No 429

  
Corton House  
Living Care and Support

FEBRUARY 2021



## NEIGHBOURS

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

#### Message from Jack Minns, newly-appointed Finance Director.

It is a pleasure to have been asked to write in this latest edition of Neighbours to introduce myself to you all. My name is Jack Minns, and I joined the Corton House Board as Finance Director in June 2020 to work closely with the Head of Finance Tom Greenhill and former finance director, David Daynes, before his retirement from the Board in December 2020. I am a Chartered Accountant (qualified in 2011) and currently work as a Director at accounting firm Larking Gowen, in Norwich; therefore I hope to play a proactive role on the Board as well as ensuring we are meeting our compliance requirements.

As Finance Director my primary focus is to support Tom and Robert in the Finance Team so that the Board receive accurate and timely financial data from which to make decisions. We have already made some great strides in automating some of the processes and improving reporting to the Board. David was a great custodian for Corton House and it's my duty to continue that great stewardship going forward. As a Board we are keen to continue to invest in and improve Corton House and Brakendon Close so it is the best environment it can be for our residents and tenants. If you have any suggested improvements we would love to hear from you so that these can be discussed and prioritised at Board level.

Outside of work and Corton House, I enjoy spending time with my young family and I hope to be able to bring my daughter (Sophie - 5) and son (Jamie - 2) to the site to meet you all. I am also a big football fan and I have been a season ticket holder at Norwich City for over 20 years.

It has been an unusual time to join the Board, as restrictions have meant I have only been able to physically visit the home on a handful of occasions. I joined as I wanted to help play a wider role in the community, and hopefully add some value along the way. As the vaccine is rolled out and things return closer to 'normal' I look forward to becoming a regular visitor to the site and introducing myself to as many of you as possible. I really hope I get to meet many of you over the coming months and years as part of my role at Corton House Ltd and welcome any suggestions you might have on projects we should consider for the future. Thank you for reading. *Jack.*

Some poetry for you to enjoy. Continue to stay safe everyone. January is already behind us and it is getting lighter in the evenings. *Managers and Editor*

LIFE IN LOCKDOWN

We've reasons to be thankful  
For shelter, food and heat.  
The downside's social distancing:  
We're not allowed to meet.

Our shopping is restricted,  
Unless it's done online.  
No theatres or cinemas.  
No going out to dine.

No communal activities,  
But we must not despair.  
We'll look for other things to do.  
Now, could I cut my hair?

.....  
Suddenly from nowhere  
the snowdrops have arrived.  
Those small bowed heads.  
It's as if this pale  
coming out  
will escape our notice.  
But there is more joy in them  
for me  
than all the flamboyant  
lushness to follow.  
The wind today is deathly chill  
but those frail and hanging heads  
are dancing to it.

*Rogan Wolf*

COFFEE UNDER CANVAS

It arrived, if I'm right, last October,  
And soon after Christmas it went.  
And many a happy reunion  
Took place in that covering tent.  
For during some changeable  
weather  
Our management team did us proud.  
The tenants continued with coffee and  
cakes  
As long as such treats were allowed.  
We also enjoyed conversation,  
In spite of the wind and the rain.  
We hoped to prolong the arrangement,  
But sadly our hopes were in vain.  
You can probably guess how it ended.  
When rules we were forced to obey  
Put a stop to convivial meetings,  
Our marquee was taken away.

*PML*

*PML*



.....  
I like to think that long ago  
There fell to Earth some flakes of  
snow  
Which loved this cold grey world of  
ours  
So much they stayed as snowdrop  
flowers.

*Author unknown.*

Microwave Chocolate Cake

This cake is very simple but it does not keep. It needs to be eaten straight away. Ideal if you are having unexpected visitors for tea - maybe not appropriate these days! Microwaves have developed a lot since I used to make this regularly in the 80s so keep an eye on timing.

- |                          |                             |
|--------------------------|-----------------------------|
| 4 oz margarine           | 2 tablespoons strong coffee |
| 3 oz self raising flour. | 1/2 teaspoon baking powder  |
| 4 oz caster sugar.       | 2 medium eggs               |
| 1 oz dark chocolate      |                             |



Mix all ingredients in a large bowl until creamy. Pour into greased 7" deep dish and cook 4 1/2 - 5 mins 650w or 6-7 mins 500-600w. Leave for a few minutes before turning out. *PB*

**FROM THE ACTIVITIES CO-ORDINATOR**

We continue to find new things to do and play. At one of our craft sessions we made snowflakes and the next day it snowed! We decided not to repeat that and instead made masks - it was good fun as we put them on and looked like super heroes. The residents celebrated Robert Burns on the 25<sup>th</sup> January starting with a Scottish Quiz followed by a delicious traditional lunch of Haggis and Tatties with some Scottish music in the background. We have played two new games, one called 'Frustration', an apt name as the residents did get frustrated! The other one is called 'Bananagram' which was great fun. We have had some new puzzles donated so we are having a go at them to keep everyone mentally active. The new programme for seated exercises will keep us physically active and encouraging everyone to chat amongst themselves will hopefully ensure general wellbeing. Wellbeing is paramount with the current situation so we continue to have one to one chats via Video/Zoom and Facetime calls to engage with staff, friends and family. Another Zoom live music session was held with Cuppa Concerts and the residents were treated to a wonderful jazz guitarist who played some alternative music which got us clapping and toe tapping. *Maria*



**Shop Trolley with Mel**  
Thursday February 18th 2021

