



The Winds of March

March wind, wild wind, blow this day.
Whirl the winter snow away. Dry the
ditches and the hollows-in tracks where
April follows. Clear a path for her advance.
Teach the daffodils to dance. Through your
ravings harsh and strong - thrushes thread
a golden song. Cleanse the air, make fresh
the earth - for the season of rebirth.



Patience Strong

.....
Welcome to you all, as together we travel through this Lent
period to Easter.

You will recall how during the time of Lent Jesus spent time in the
desert being tempted by the devil, and how he refused to take on
the temptations. It gave him a period of time alone to quietly
prepare for his incredible ministry.

Maybe due to the pandemic you feel as though you are in the
desert at times. The fact is we can only survive our time in the
desert if we have HOPE. St Paul wrote:- 'Hope that is seen is not
hope. For who hopes for what is seen? We need to hope for what
we do not see, we wait for it with patience.'

Waiting for what is to come. Trusting that it will come, trusting in
the overall plan for God will bring it to pass in his time. So let us
be patient in the knowledge that the 'new normal' for our lives
will arrive; let us have faith, trust, patience and hope in a loving
God who knows each of us.

As the Psalmist says:- "I wait for the Lord, my soul waits, and in his
word I hope." *Psalm 130*

What do you think the Desert Fathers meant when they said,
"Stay in your cell, and your cell will teach you everything." Were
they right?

May this Lent be a time of HOPE and RENEWAL for us all.
God Bless.

Daphne
Chaplain.



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

No 430




Corton House
Living Care and Support

MARCH 2021



NEIGHBOURS MONTHLY NEWS-SHEET FOR CORTON HOUSE AND BRAKENDON CLOSE

Message from Terry Cotton, Board member

Hello My name is Terry Cotton and I am very pleased to have this opportunity
to tell you something about my myself. I have been a Board member since
March 2020 and did manage to visit Corton House a couple of times before the
Pandemic lockdown began last year.

I am a graduate and qualified as a Social Worker in 1980. Much of my career
was spent in central London before moving to Norfolk in 2001. I live in a small
village within the Broads National Park.

I have worked in a number of different roles in that time both in the public and
private sectors. Indeed my last post, before being made redundant, was Head of
Safeguarding for a large provider of nursing, residential and home care services
for older and disabled people. So, I have just over 40 years of experience in
working in the health and social care field. My aim is that my experience can be
put to good use at Corton House Ltd in ensuring the provision of high quality
care and support.

I also chair the 'Care and People Sub Committee' of the Board and our role is
to support Lisa and all her staff in ensuring that high standards of care and
support are provided and maintained and is fully compliant with the
requirements of the Care Quality Commission, the regulatory body for Corton
House. We want to continue to look at ways the service can be improved, We
also want to ensure that staff have access to good training and support too.

I am very passionate about the provision of high standards of care and support
and I hope that I can play my part in this at Corton House and at Brakendon
Close too. As a stroke survivor I know from personal experience how important
it is to be cared for well, that is centred on the person and their needs, but also
promotes their independence wherever possible. I also work as a volunteer
Ambassador for the Stroke Association.

I plan to be on site on a regular basis and look forward to meeting you all over
the coming months.

Terry

FROM CORTON HOUSE MANAGER

All of us here at Corton House would like to take this opportunity to thank Fran for, no matter what, always getting a monthly copy of Neighbours to us all! It brings us such joy in the home to hear what everyone is up to. So from everyone here at Corton House, thank you Fran - you truly are a star. Lisa 😊 (*A pleasure - Ed*)

FROM THE SCHEME MANAGER

Lockdown has seen some budding poets and prose writers emerge and tenants are enjoying their contributions. As our days are getting warmer, we can look forward to better times ahead. It has been a long hard winter and the past year has been so difficult for us all. The isolation and lack of socialising has been felt keenly by many of our tenants. We say “hang on in there! We are on the home straight.” All being well, we can soon look forward to our patio coffee days! Dust off those sunhats and parasols and get ready for a lovely summer ahead! *Lorraine, Sue and Fran*

A NEW LANDSCAPE

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|------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>1. A roadmap that will take us back
To where we used to be.
That’s what we’d like, and yet we know
It’s not what we shall see.</p> | <p>3. As April, May and June bring change
And lockdown disappears
Things will not be the same, my friends
We live with hopes and fears.</p> |
| <p>2. The month of March might indicate
We’ll get there in the end.
The children will return to school.
We’ll meet up with a friend.</p> | <p>4. We need a positive approach.
Let’s wish for Springlike weather
So groups of six and families
Outside can get together. <i>PML</i></p> |

SNOW GALLERY

(with thanks to Tom)



FROM THE ACTIVITIES CO-ORDINATOR

We have a new favourite game called ‘Bananagram’ - it is a fast paced game and after three games we have to stop as our heads are spinning, However, the residents love the challenge!
We decided to celebrate Valentine’s Day, and, as in Finland it is known as ‘Friendship Day’, we turned it into ‘Friendship February’. Sean and his team in the kitchen produced some yummy deserts! Some of the residents enjoyed rolling, cutting and decorating gingerbread into various shapes which were well received with our afternoon cup of tea.
Our latest quiz was on Norwich City Football Club as we have some avid fans. There has also been some pampering with hand or foot massages.
We had a special visitor called Jack, an adorable 12-year-old black Labrador belonging to Melanie. He spent time with most residents, visiting rooms and melting our hearts with his gentle nature. Melanie said he also enjoyed his visit but had a good sleep after - well if it’s correct he is actually 84! Every year of a dog’s life is actually seven of ours.
As the weather has become quite Spring-like, residents have enjoyed walking round the garden - and we have celebrated St David’s day by decorating the dining room with vases of daffodils and being treated to a wonderful Welsh - themed lunch. *Maria*

“Hello?”

One of the most used and useful items of our current everyday life-style is the telephone.

The first telephone exchange in Norwich opened in 1883, with 32 subscribers! It was staffed by a man and a boy. Opening hours were Monday - Saturday 8.30am to 6.00pm. Sunday opening followed a year later from 10.00am to 1.00pm. Transport for the engineering workforce was a fleet of 13 bicycles. In August 1912 a great storm flooded much of central Norwich. It took thirty-six hours to restore communication with the outside world, as all the spare telegraph poles had been washed away!

The First World War brought great expansion and, by 1929, the engineering workforce had several lorries - and 36 bicycles! From our childhood days we can recall the red telephone kiosk in the streets; the slots for the two pennies and buttons A and B to press to make the magical connection.

Nowadays modern technology provides a vast array of functions, including pictures and videos!

Keep talking.

DW



Shop Trolley with Mel
Monday March 15th 2021

