

Greetings to you all on this Glorious Morning.

I am sure you have all enjoyed the opportunity to take walks outside in the glorious sunshine, even though a little cool; appreciate the natural order of trees in flower and leaf, flowering plants looking their best, and a great deal of bird activity and vocal calls.

Some of you have also welcomed fewer restrictions and have enjoyed not only coffee mornings on site but have ventured further into the City for your coffee and lunch. Let us continue to protect each other and the community so that we may have the 'new normal'.

This month there is Christian Aid Week (9th -16th). In past years I am sure some of you were involved in delivering and collecting envelopes, attending Christian Aid Services. How all has changed, but let us not forget how communities still lack clean water, have bad sanitation and due to climate change an inability to grow crops due to lack of rain. Let us pray for the Christian Aid workers in the 37 countries they support in the most vulnerable communities, in Africa, Asia, the Middle East and the Caribbean.



On the 25th May the Christian Church celebrates Pentecost, 50 days from Easter. It commemorates the descent of the Holy Spirit upon the Disciples and other followers of Jesus while they were in Jerusalem celebrating the Feast of Weeks as described in the Acts of the Apostles. It represents the birth of the early church. You will remember it being known as Whitsunday. Services will take place across the world. Peter the disciple of Jesus spoke to the crowd about Jesus' life, for he was so filled with the power of the Holy Spirit. It appeared like 'tongues of fire' and as Scripture says "they understood in their own language".

By Pentecost, restrictions will be eased and 6 people or 2 households will be able to meet indoors keeping one's distance. So we will now be able to enjoy times with family and friends in the comfort of home.

Enjoy this month of May, keep safe and well.

Peace and love in Christ.

Daphne
(Chaplain)



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If anybody would like to receive Neighbours by email please respond to Fran at:
fveale@cortonhouse.co.uk - Neighbours can be viewed in larger print on our
website:www.cortonhouse.co.uk under 'News'.

No 432




Corton House
Living Care and Support

MAY 2021



NEIGHBOURS MONTHLY NEWS-SHEET FOR CORTON HOUSE AND BRAKENDON CLOSE

Message from Chris Groves, Company Secretary

Some of you may remember, in pre-lockdown days, seeing a person arrive for Board meetings on his bike- well, that person was me!

I joined the Board in February 2014. I was "recruited" by Cherry Bishop who spoke so enthusiastically about Corton House Ltd that I had no choice but to join. When I visited the Care Home, I understood the reason for her enthusiasm- there was a special feeling about it. I like to think this is something that we will never lose.

Norfolk is my adopted County. I came to Norwich in 1976 via School in Plymouth, University in Liverpool and legal training in London. It has been a very happy place for me - I met my wife here, we married, had four children and now have five grandchildren. I qualified as a Solicitor in 1975 and worked for the same firm of Norwich solicitors for over 35 years.

I have always enjoyed playing sport and even now I spend much of my time doing this. Amongst other things, I have always swum, cycled and run so it seemed obvious to start doing Triathlons in my 60s! It has also been good to get back on the tennis court with the lockdown starting to ease.

I have seen many changes at Corton House and Brakendon Close over the last few years. There has been a good deal of comings and goings both at senior management and at Board level. I am pleased to say that there are many things which remain the same - the Christian ethos, the caring culture and the emphasis on the welfare of our residents and tenants which must always come first.

We have been lucky to attract some excellent new Board members within the last year or so, we have a settled senior management team and with the vaccination programme in full swing, the Covid situation is improving at least for the moment. Things can only get better, sounds like a good title for a song!

April 2021

FROM CORTON HOUSE MANAGER

Hello everyone from all of us here at Corton House. It would be nice to say we are all enjoying the spring weather but it's been more like winter these past few weeks with frost in the mornings - brrrr!! However when we have had a little warm sunshine the residents here have made the most of it and caught some rays in the garden. It's been a strange year for us all but with restrictions lifting slowly we are hoping it won't be long until we can welcome people back into the home as we do miss the hustle and bustle of visits here at Corton. Although with restrictions in place it's so lovely to welcome families back to the home and, even if it is after being tested with a rapid test and in PPE, our residents are so happy to finally see their loved ones face to face and not through a window. Let's hope that the next few weeks bring more positive news and we hope everyone keeps well and safe ☺

Lisa

FROM THE SCHEME MANAGER

It was a very chilly welcome back for our tenants, under the marquee and the new rule of six once again!

Coming out of the last lockdown 'The March winds did blow and we definitely had snow!'

Our tenants enjoyed the opportunity to socialise once again, with the aid of warm clothes, drinks and hot water bottles! How brave they are!

Lorraine. Sue and Fran

**Ode to a spell checker!**

Eye have a spelling checker, it came with my pea see,
It plainly marques four my revue, miss steaks eye kin not sea.
Eye strike a key and type a word and weight 4 it to say,
Whether I am wrong or write, it shows me strait a weigh.
As soon as a mist ache is maid, it nose bee fore two long
And I can put the error rite, its rare lea ever wrong.
Eye have run this poem threw it, I am shore your pleased two no,
Its letter perfect awl the weigh, my chequer tolled me sew.

Courtesy of TB— can you fathom this out?

'Hum, hum' by Mary Oliver

The resurrection of the morning,
The mystery of the night.
The humming bird's wings.
The excitement of thunder.
The rainbow in the waterfall.
Wild mustard, that rough blaze of the fields.



Courtesy of JC

FROM THE ACTIVITIES CO-ORDINATOR

We were so grateful to Revd Daphne Lloyd who was able to give a Good Friday and Easter Sunday Service for the residents. It was very well attended and with Pam playing the piano everyone was in fine voice - almost felt normal!! Hot cross buns and Easter eggs were of course enjoyed by all. A big thank you to Barbara, one of our carers, who had made very colourful Easter table decorations and of course Sean and his team in the kitchen who provided delicious food.

We continue to play games, complete jigsaws and quizzes. The knitting group, hand/foot massages and sing-a-longs are all done on a regular basis. There is a new seated exercise programme which is going well although several residents still like to do the previous songs/action exercises as well. As they say variety is the spice of life! Residents have found joy sitting in the garden/summer house chatting/reading or just feeling the sun on their face. It is always the simple things in life that are enjoyed the most.

We had a go at being creative and this month we coloured Easter pictures, did some flower arranging and painted some pebbles for the garden. We did the flower arranging for St. George's Day and the Queen's birthday – red and white roses and flags along with traditional food which encourages us to discuss these events in our lives.

We have been involved in an art project concerning the peregrines who are nesting at Norwich Cathedral. We have looked at various feathers including a peregrine feather which created all sorts of conversations on birds. It has been fascinating looking at the live camera and learning all about this incredible bird. There are four eggs waiting to be hatched and we were all concerned as there was drama with a gull attacking one of the peregrines which made the news. Hopefully we will be able to see all four chicks alive and well. Nature is such a wonderful thing.

Maria



Shop Trolley with Mel
Monday May 10th 2021

